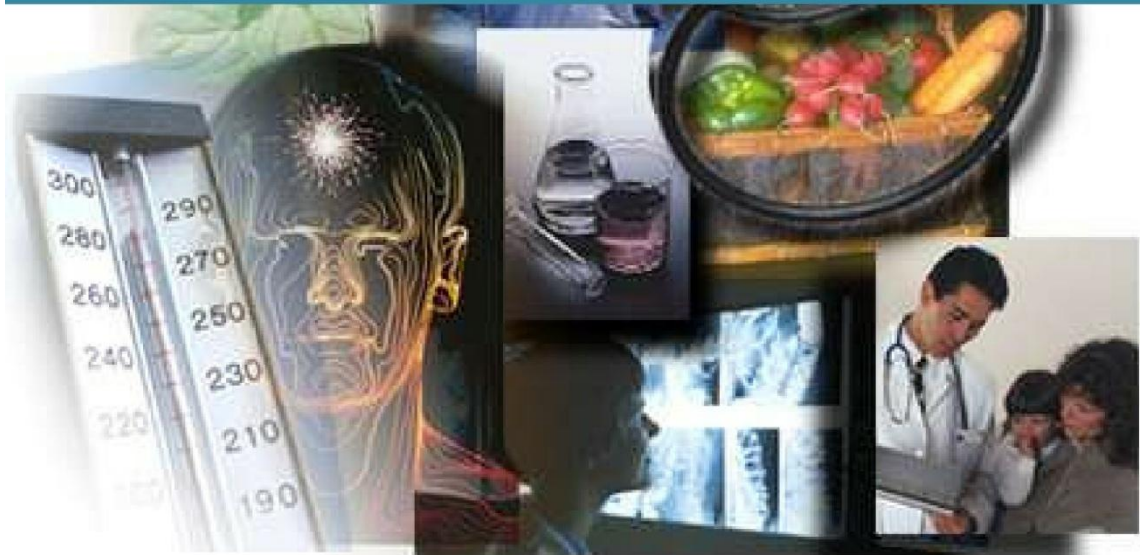


Introduction to Natural Allopathic Medicine



All the basic information you need to know
about the best practice of Natural Medicine.

Dr. Mark Sircus

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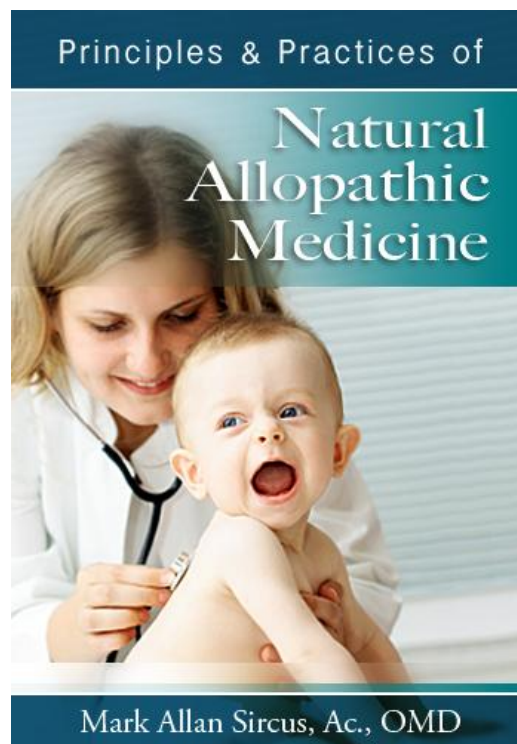
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About Dr. Sircus

[Dr. Mark Sircus](#), Ac., OMD, DM (P) (acupuncturist, doctor of oriental and pastoral medicine) is a prolific writer and author of some astounding medical and health-related books. Dr. Sircus's methods are based on medical science and long years of clinical experience, not only his own but experiences of doctors from around the world who have been practicing brilliant medicine. His books are heavily referenced, but the layperson finds little difficulty in understanding his presentation of medical topics. For many years Dr. Sircus has been researching into the human condition and into the causes of disease; he has distilled many of the divergent medical systems into a new form of medicine that he has coined Natural Allopathic Medicine. Natural Allopathic Medicine represents a new therapeutic principle that revolutionizes both allopathic and naturopathic medicine offering a radical shift in medical thought and practice. Dr. Sircus's protocol addresses foundational physiology. It focuses on pH management, cell voltage, magnesium and iodine medicine, cannabinoid medicine, carbon dioxide medicine, re-mineralization of the body, increasing oxygen transport and oxygenation of the tissues, opening up of blood vessels, saturation and healing of cells with concentrated nutrition via superfoods, breathing retraining, emotional transformation processing, detoxification and removal of heavy metals and radioactive particles.

CHAPTER 1:

Natural Allopathic Medicine



The [Natural Allopathic Protocol](#) is powerful and at the same time extraordinarily safe because nutritional medicines, not pharmaceuticals, are employed. The core protocol is composed of water-based highly concentrated nutritional medicines, not chemicals, and the supreme ones are Hydrogen, oxygen, magnesium chloride, magnesium bicarbonate, sodium bicarbonate (baking soda), selenium, sulfur, iodine and glutathione. When used in combination with each other they constitute a new form of medicine that is powerful yet easy to learn.

It is also a preventive protocol thus it is the strongest anti-aging protocol in the world of health and medicine.

“I am not embarrassed to admit how simple Natural Allopathic Medicine is, because it is a gift to humanity that can alleviate a lot of unnecessary suffering.”

Dr. Mark Sircus

Introduction to Natural Allopathic Medicine

The secrets of emergency room and intensive care medicine holds the key to the safe practice of medicine on children who suffer from acute disorders that must be addressed quickly. Magnesium salts, sodium bicarbonate (baking soda), iodine, selenium and vitamin C are concentrated nutritional medicinals that have been used in the most dire of medical circumstances either by intramuscular (IM) injection or intravenous feed. But are these substances really medicines?

One reader wrote:

Dr. Sircus, you list the following: “Magnesium chloride, sodium bicarbonate (baking soda), selenium, sulfur, iodine, glutathione and vitamin C in your most recent post and then claim, “Every one of the above medicines can be used to great advantage.” Since when are the minerals selenium, sulfur, iodine classified as “medicines”—or glutathione, which is made naturally in the human body? People think of medicines as the poisons produced by the pharmaceutical professions and minerals, vitamins, etc. as natural substances provided by God. Could you please explain your use of the word “medicines” in the same context with vitamins and minerals?

The very reason I named my medical approach “Natural Allopathic Medicine” answers this question. Very few doctors will get on the horn and tell everyone how wonderful magnesium salts are in the emergency room because it is a substance taken directly from the sea. Legally if you inject magnesium salts or administer them intravenously, they are considered a medicine and you need a medical license to perform such procedures. Magnesium is used as a medicine because it *is* a medicine, though we could call it a medicinal. Magnesium chloride actually is a concentrate of seawater, which itself makes a great emergency room medicine.

During World War II, Navy doctors would use seawater for blood transfusions when blood supplies ran out and many lives were saved.

We create medicines when we concentrate things in nature. Pharmaceutical companies concentrate synthetic substances, which does not work out very well for patients in the end. Natural Allopathic Medicine concentrates elements from nature that are proven by scientists to offer powerful healing without toxic side effects. One cannot say that about any pharmaceutical for even aspirin kills 15,000 a year in the United States alone.

The core of the protocol presented in *Treatment Essentials* redefines the way emergency room, intensive care and even hospice care should be practiced with a profile of highly proven fast-acting, safe, concentrated and injectable nutritional medicines. At home these same medicinals taken orally or used transdermally (topically) will save the day when all else fails.

Deep within the heart of western medicine is a wisdom and power that is deliberately stymied by medical authorities and the pharmaceutical companies that stand behind them. Inside the emergency room and intensive care wards, where many believe some of the

Introduction to Natural Allopathic Medicine

most accurate medicine is practiced, are common but extraordinarily safe and effective substances that save lives every day. Interesting no one has thought to harness these medical super weapons against chronic disease or cancer.

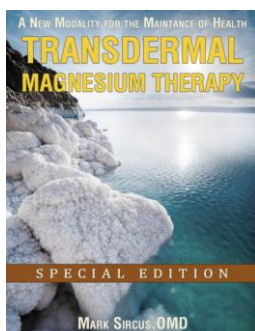
Sodium bicarbonate, simple old baking soda, is a prime example of the type of medicine I am talking about. It is used every day in every good hospital of the world because it is safe, effective and does a medical job no other substance can do.

In the emergency room medicines have to be safe while delivering an instant lifesaving burst of healing power. Obviously if they are safe and strong enough for emergency situations they are going to help us with chronic diseases and acute ones as well.

"This is about a patient with advanced prostate cancer, metastasized throughout groin. Thought you might like to know. Tuesday afternoon I attended a patient of mine in the oncology ward here in a Melbourne hospital. In my bag of tricks were your universal medicines and hope in my heart, as the patient was bed bound, writhing in uncontrollable pain and in and out of consciousness. He was given 2 weeks to live. I have attended him 3 times daily to make sure that he received the protocol. Last night he was up watching politics on television, IV drip removed, almost full feeling back in legs, walking around during day etc."
- Andrew Matheson

Sodium bicarbonate, a common emergency room medicine, acts as a powerful, natural and safe antifungal agent, which when combined with iodine, covers the entire spectrum of microbial organisms. The efficacy of sodium bicarbonate against certain bacteria and fungi has been documented but its role as a disinfectant against viruses is not generally known. Sodium bicarbonate at concentrations of 5% and above was found to be effective with 99.99% reduction of viral titers on food contact surfaces within a contact time of 1 min.

Magnesium Chloride – Fast Acting Life Saving Medicine



Introduction to Natural Allopathic Medicine

I became known in the world of medicine first with my writings on magnesium. My book Transdermal Magnesium Therapy put me on the medical map literally changing the way many were practicing medicine.

The use of magnesium chloride is the practice of concentrated nutritional medicine. It's the process of taking a nutritional element in dosages not possible with dietary intake, and this nutritional medicine is being practiced every day in hospitals, ICUs and emergency rooms.

Magnesium chloride can be administered orally, transdermally or intravenously. Intramuscular injection is also possible but can be painful. Oral administration of a daily dose of more than 50 mmol can cause vomiting and diarrhea. In anesthesia and intensive care, the preferred administration route is IV.

When magnesium is used to correct a magnesium deficit, the objective is to restore normal serum concentrations, in which case a slow infusion of up to 10 gm/day is appropriate. When replacing magnesium via the IV route, approximately half of the dose is retained by the body while the remainder is excreted in the urine. The low retention rate is due to the slow uptake of magnesium by cells and decreased magnesium reabsorption by the kidneys in response to the delivery of a large concentration of magnesium.

In my essay [Avoiding Heart Disease & Strokes](#) I explain more of the necessity for magnesium in heart disease and how doctors are neglecting to embrace this important mineral resulting in a significant lack of success over the past decade in treating heart failure.

The last decade has seen only very small incremental improvements or benefits with newer drug therapies in the treatment of heart failure.

And in my essay [Magnesium Shortage](#) I explore the contrast between new drugs being formulated to treat atrial fibrillation with the effective use of magnesium in emergency situations and include a stunning account of an emergency room doctor, treating someone with atrial fibrillation which was resolved with magnesium sulfate.

In the past months the [Nutritional Magnesium Association](#) has shared the important points of a new literature review verifying the monumental importance of magnesium in heart disease.

Magnesium chloride has remained number one in my protocol but sodium bicarbonate runs right behind it in terms of usefulness and power of effect.

CHAPTER 2:

New Form of Medicine that is Easy to Learn



In my *Transdermal Magnesium Therapy* book I start out with the words, “The book that you hold in your hands could save your life. It certainly contains information that can extend your physical existence and save you and your loved ones from a considerable amount of pain.” I wrote those words before I had full developed my Natural Allopathic Medicine protocol. Magnesium in oral and topical form is that powerful and useful and even makes surgery much safer for patients to undergo.

Now years later, after going way beyond the use of magnesium as a standalone therapy, I can safely say, no shout from the rooftops that I have developed a revolutionary form of medicine that is safe, easy to learn, highly effective in saving lives and incredibly low in cost compared to modern pharmaceutical and surgical medicine.

I do not think often on how many people my work has helped but am delighted when I get testimonies from people and especially from parents whose minds and hearts are eased by the health of their children when they apply the basics of the Natural Allopathic protocol. Sometimes I talk to people who give me credit for saving their life, putting them in debt to me. Below is a testimony, which was a payback of such a debt.

One Foot in the Grave when I found Dr. Sircus

A few days after my 60th birthday, I was in the emergency room because I had so many muscle spasms and pain I could not breathe. I ended upon Oxycodone and got worse and worse. Soon, I could hardly get out of bed. I had a biochemical re-occurrence of my prostate cancer 6 years, earlier. I had my prostate removed due to cancer, but they did not, apparently “get it all.” All summer I failed to get better.

Introduction to Natural Allopathic Medicine

I finally got an MRI right after Thanksgiving in 2014. The MRI showed evidence of significant metastases in my spine, hips, ribs, neck, lymph nodes – and my PSA was 2,080. A PET scan later confirmed all of this. My MD brother in law said, “I didn’t know PSA could go that high.” Neither did I. People with PSA that high, are gone in less than a year.

Well, since I could hardly move, was close to being hooked on painkillers – it was time to quit and die or do something different. I found some hemp oil and started taking it to get off the pain meds. I started to sleep a LOT better and within a few nights, I was off painkillers. My PSA two weeks later had dropped to about 1,700. I then tried the Lupron shot and my PSA continued to drop fast.

I learned about the hemp oil from Dr. Sircus but it was not so much his protocol that attracted me, it was his “give-a-shit-attitude,” which many doctors do not seem to have anymore. I Reached out to Dr. Sircus, and he told me to SLOW MY BREATHING WAY DOWN! And do his protocol. Therefore, I purchased the Breathslim.

Cool device! At first I it was a gimmick. I mean it looks meager. However, it really does train your breathing rate over time. It has made me breathe consciously slower and this had all kinds of ramifications for me emotionally and mentally.

The MRI showed a lot of spinal stenosis. So here is the short story, I was out by a bon-fire, and noticed that when I turned and put my back to the fire, it felt quite different to me than sitting with a regular heating pad. I noticed my back felt very comforted by the fire. I surmised it was due to infrared waves. Therefore, I set out to find a good infrared system and guess what I found from my regular doctor that the Biomat would be helpful for this. Dr. Sircus had that on his protocol as well. Hmmmmmm! Starting to see a pattern? Maybe I should look to Dr. Sircus’s protocol to help make me better than I had hoped would ever be possible again.

The magnesium oil helped my pain. That was enough to sell me on the wisdom of reading Dr. Sircus’s Magnesium book. I knew when I took pH strips out and checked my urine that I was very acidic. I mean, a PSA of over 2,000 one is going to have some serious acid problems. Baking soda and Magnesium baths were on the docket. Made sense to me. Once again, I noticed that Dr. Sircus’s protocol seemed to have just what I needed, at the time when I needed it, and it was something I could “do” at home. At the time, money was very tight. However, this is not a costly therapy to begin.

My first experience with the Biomats sold me that I had found a way to get far infrared into my body. The Bio-Mat “Cancer Sandwich” (using a Bio-Mat mini on top and Bio-Mat pro, underneath) turned out to be a great time to meditate. I needed to change my life. Turn it inside, out. Well, the first experience of combining meditation and mats was transcendent to me. This helped me get my mind out of the cancer funk. Amazingly, as the mats helped me, I got better every day.

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It was at this point when I ordered the Live O₂ system based upon Dr. Sircus's recommendation. I was "all in," as they would say in Vegas, when it came to the rest of the remaining protocol elements. When I purchased a Live O₂ system – I added glutathione and other items and started drinking magnesium bicarbonate.

I could not do one pushup when I started; and I could hardly walk due to the numbness in my legs. I had developed a "dropped foot" that I would catch my toe and I would stumble; I had to spend a month on the mats, so that the tingling and numbness in my legs and hands ended enough so that I could keep my balance to get in and out of the bathtub.

The Live Oxygen system puts a smile on your face like being 16 again! That is how powerful that system is. By the way, I just did 70 pushups and sprint in place. Lupron has taken a lot of muscle mass off me and made me feel very weak. The Live O₂ system has blasted through the weakness.

I had a spot on my lungs that showed up on the MRI and scan, which they said they did not know what it was. Right after starting the O₂ treatment, I started coughing one morning and I coughed up a lot of phlegm in my throat on night. I coughed up some grey, gooey mass and from then on, my lungs felt like they were Teflon coated!! WOW!!!!!!

At the beginning of August, I was able to drive a car for more than 12 hours, attend a wedding, dance with my granddaughters, my wife, my two daughters, be with my son, etc. ALL NIGHT LONG! (Until the band quit). After, I cried tears of joy.

And what a joy! I thought that my days were all gone. I owe Dr. Sircus a deep debt of gratitude for bringing forward such a synergistic and helpful protocol that let me live as I never thought I would live, again.

I have stayed on the hemp oil. The full spectrum oil, not just CBD. My numbness and tingling on my whole left side has virtually gone. According to my Oncologist, this is very rare to have it "come back" once feeling leaves. Why? Dr. Sircus is my answer!

Rick Simpson's oil instructions are clear. Of course, I presumed I was able to start faster than the average person – besides I justified trying to go faster, because I was very sick. So, I ramped up the use/dose quickly. WOW! You had better warn your spouse not to call the ambulance if she cannot get you to wake up! I slept like I was out cold because I was! Once I slowed down, and ramped up as Simpson suggested, I could function if I moved my timing during the day to fit what I needed to do.

*I wanted to contact Dr. Sircus when I was completely healed and tell him my story. My PSA is now 2.1. If his protocol plus my work and the grace of God could get **me** off my death bed, and dancing all night with my family well maybe people should consider this wonderful protocol and try it.*

CHAPTER 3:

What Is the Natural Allopathic Protocol Useful For?

The answer to that question is just about everything! Composed of innovative and sophisticated therapies, each component is evidence-based integrative medicine, sourced from some of the finest physicians from around the world. What is so different about Natural Allopathic Medicine? It pays special attention to treating the underlying causes of sickness where mainstream medicine does not. Its approach is through fulfillment of nutritional laws via the use of concentrated nutrition. We [concentrate oxygen](#) and we concentrate [medical marijuana](#) as well as the rest of the protocol.

I have heard countless people say that magnesium, which is the first and most important medicinal in my protocol, seems like a “cure-all.” It really is not but when supported by the [Natural Allopathic protocol](#) it becomes true. Most regular doctors just do not get the truth about magnesium, health or medicine. Magnesium is a basic (foundational) building block meaning [magnesium deficient affects every single physiological process](#) so if you do not include it in the treatment of disease one is not treating disease at all.

Below are 101 uses for magnesium. We can use this list for the protocol knowing that when we add oxygen, iodine, bicarbonate, selenium, sulfur, vitamin C, sun exposure, medical marijuana, good water, a probiotic, superfoods, breathing retraining, infrared radiation and other good and essential ingredients to good health, we get even better results for cancer and most of the major diseases that are plaguing humanity.

- ✓ 2nd- & 3rd-Degree Burns
- ✓ ADD & ADHD
- ✓ Alcoholism (& Alcohol Withdrawal)
- ✓ Allergies
- ✓ Alzheimer's
- ✓ Amyotrophic Lateral Sclerosis (ALS/ Lou Gehrig's Disease)
- ✓ Arrhythmia
- ✓ Arthritis
- ✓ Asthma
- ✓ Athletes Foot
- ✓ Autism Spectrum Disorder
- ✓ Back Pain (Lower Back Pain)
- ✓ Bartter's Syndrome
- ✓ Bed Wetting (Nocturnal)
- ✓ Blood Circulation
- ✓ Brain Edema
- ✓ Bruxism (Teeth Grinding)
- ✓ Burning Mouth Syndrome
- ✓ Calcification of Soft Tissues
- ✓ Calcium Retention

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- ✓ Cancer
- ✓ Cavities
- ✓ Celiac Disease
- ✓ Cellular Detoxification
- ✓ Cerebral Palsy
- ✓ Chemotherapy-Induced Nutrient Deficiency
- ✓ Cholesterol
- ✓ Chronic Fatigue Syndrome
- ✓ Colon Cancer
- ✓ Conjunctivitis
- ✓ Constipation
- ✓ Coronary Artery Disease
- ✓ Crohn's & Inflammatory Bowel Disease (IBD)
- ✓ Dementia
- ✓ DHEA Production
- ✓ Diabetes (Types 1 & 2)
- ✓ Diabetic Neuropathy
- ✓ Diabetic Nephropathy
- ✓ Diabetic Retinopathy
- ✓ Insulin
- ✓ Drug Addiction (Withdrawal)
- ✓ Energy Levels (Low Energy)
- ✓ Epilepsy
- ✓ Exercise Endurance
- ✓ Fatigue
- ✓ Fibromyalgia
- ✓ Floaters
- ✓ Gitelman's Syndrome
- ✓ Head Injury
- ✓ Hearing Damage & Hearing Loss
- ✓ Heart Attack (Acute Myocardial Infarction)
- ✓ Heart Disease
- ✓ Heavy Metal Detoxification
- ✓ High Blood Pressure
- ✓ Hormone Imbalance
- ✓ Hypertension
- ✓ Idiopathic Infertility
- ✓ Inflammation & Swelling
- ✓ Insomnia & Sleeplessness
- ✓ Intelligence
- ✓ Intractable Erythromelalgia
- ✓ Kidney Stones (Calcium Oxalate)
- ✓ Leg Cramps
- ✓ Liver Cirrhosis
- ✓ Lyme Disease
- ✓ Magnesium Deficiency
- ✓ Menopause
- ✓ Metabolic Syndrome
- ✓ Migraine Headaches
- ✓ Mitral Valve Prolapse
- ✓ Mood Disorders
- ✓ Multiple Sclerosis
- ✓ Muscle Cramps (Muscle Spasms)
- ✓ Muscle Twitching (Fasciculation)
- ✓ Nephritis
- ✓ Neuropathy
- ✓ Nutrient Depleting Drugs (e.g. PPIs)
- ✓ Osteoporosis & Bone Mineral Density
- ✓ Pancreatitis
- ✓ Parkinson's
- ✓ Periodic Limb Movement During Sleep (PLMS)
- ✓ Premenstrual Syndrome (PMS)
- ✓ Postoperative Pain Management
- ✓ Pregnancy
- ✓ Fetal Circulation
- ✓ Fetal Pulmonary

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- ✓ Gestational Diabetes
- ✓ Gestational Hypertension
- ✓ Preeclampsia & Eclampsia
- ✓ Fetal Distress
- ✓ Low Birth Weight
- ✓ Preterm Labor
- ✓ Repetitive Stress Injury
- ✓ Restless Leg Syndrome
- ✓ Seizure
- ✓ Sepsis
- ✓ Shock
- ✓ Sudden Infant Death Syndrome (SIDS)
- ✓ Dermatitis
- ✓ Eczema
- ✓ Psoriasis
- ✓ Skin Barrier Function
- ✓ Skin Tags
- ✓ Strength Training
- ✓ Stress Management
- ✓ Stress Ulcers
- ✓ Stroke (Cerebrovascular Accident/ CVA)
- ✓ Tendonitis
- ✓ Tetanus
- ✓ Thyroid Dysfunction
- ✓ Tics (Facial Tics/ Eye Tics)
- ✓ Tinnitus
- ✓ TMJ (TemporoMandibular Joint)
- ✓ Tourette's Syndrome
- ✓ Toxic Shock Syndrome
- ✓ Urinary Incontinence
- ✓ Varicose Veins

Numerous research studies that have tested magnesium up against commonly used drugs have found that magnesium comes out on top in terms of both effectiveness and lack of side effects.

Now imagine the full protocol and what you can do medically for yourself or your patients. The bottom line in all of this is that magnesium is the top item in the protocol and it deserves its place as the heavyweight champion of the medical world.

If you have any of these disorders, especially those related to the heart, muscle, nerve, and brain, and your doctor has not mentioned magnesium, it may be time to find a new physician.

CHAPTER 4:

11 Steps to Understanding Natural Allopathic Medicine and a bonus

With the twelve easy lessons under one's belt one can treat and sometimes reverse or alleviate many diseases much more easily than regular doctors can. Natural Allopathic Medicine acts through the fulfillment of nutritional law instead of using pharmaceuticals, which in reality are all [mitochondrial poisons, drugs that kill over 100,000 Americans every year.](#)

This chapter will covers 12 basic medicinals that are fundamental to life, health and recovery from disease plus some additional therapies that are also part of the protocol. The full protocol with the recommended components, videos and links to companies can be found at

[http://drsircus.com/medicine/natural-allopathic-medicine-protocol-components.](http://drsircus.com/medicine/natural-allopathic-medicine-protocol-components)



Therapies

1. [Molecular Hydrogen](#)
2. [Magnesium Medicine](#)
3. [pH Medicine](#)

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4. *Iodine Medicine*
5. *Selenium Medicine*
6. [Liquid Seeds – Seed Nutrition](#)
7. [Breathing retraining](#)
8. *Cannabinoid Medicine*
9. [Far-Infrared Biomats](#)
10. [EarthPulse – Frequency Medicine](#)
11. [Exercise](#) & Anti-Inflammatory Oxygen Therapy with Exercise

Additional Therapies

1. *Sun exposure*
2. *Vitamin C*
3. [Vitamin E](#)
4. [Clay](#)
5. *Glutathione Medicine*
6. *Sulfur Medicine*
7. *Enzyme Therapy*
8. *Nutrition: [Super foods](#), [spirulina](#), [hydrochloric acid](#), [natural chelation](#), vitamins A & B, juice fasting, [aloe vera](#), alpha-lipoic acid, sodium thiosulfate, seawater, [nano soap](#)*
9. [Intestinal health](#) ([probiotics](#), [restore](#), enemas, colonics, etc.)

MOLECULAR HYDROGEN

Molecular hydrogen is a medical leap that is going to help many people. It elevates oral medicine to the level of intravenous medicine because of the ultra-quick absorption and dispersion deep into the cells. Now water can become the ultimate medicine especially if some of some of my other health solutions (magnesium, bicarbonate, iodine and liquid selenium) are used, when appropriate.

Medical/therapeutic water high in hydrogen will ride to the rescue of doctors and patients who are battling with chronic diseases. Studies have confirmed that consumption of hydrogen reduces oxidative stress in a diverse range of disorders and organ systems including the digestive, cardiovascular and respiratory systems. There are hundreds of scientific publications that show molecular hydrogen to be therapeutic. Even NASA is researching hydrogen water to protect their astronauts from radiation during space travel.

MAGNESIUM



[Magnesium](#) is an essential mineral to the human body and is involved in over 350 enzymatic reactions essential to life, making it crucial for health. Flooding the body with magnesium is like topping off the oil reservoir in a car before a long trip up into the highest mountains. Magnesium will lubricate almost every physiological process in the body and address magnesium deficiencies that are even [present in healthy populations](#). When one floods the body with magnesium one can choose and combine multiple avenues of administration. One can take magnesium orally, [transdermally on the skin](#) through direct application or using it heavily in medicinal baths, and one can nebulize it directly into the lungs. Magnesium can also be administered through. Intra-muscular injection or intravenously during surgery, heart attacks and stroke. There is no replacement in the pharmaceutical world for magnesium and in fact, most pharmaceuticals leave the patient more deficient thus needing even more magnesium.

Practicing medicine without magnesium is medical malpractice.

Although oral supplementation can take months to correct a deficiency in magnesium, the benefits of transdermal supplementation can be noticed in the first few days of its use.

Contra Indications: Patients with kidney disease should use magnesium chloride under medical supervision.

Test: Are you Magnesium Deficient? To save you a lot of money, this [essay](#) makes it easy to tell if you are deficient or not.

Benefits of transdermal therapeutic Magnesium

- ✓ *Relieves muscle back pain, bursitis, tendonitis,*
- ✓ *Prevents and treats arthritis and osteoporosis, because it causes calcium to be deposited in the correct location,*
- ✓ *Help in cases of depression because it increases the vital energy,*
- ✓ *Acts beneficially on the nervous system,*
- ✓ *Improves the immune system and fight free radicals,*
- ✓ *Reduces insulin sensitivity,*
- ✓ *Reduces soft tissue calcifications,*
- ✓ *Relieves atrial fibrillations, Helps in the treatment of kidney stones,*
- ✓ *Brings more vitality to the day-to-day,*

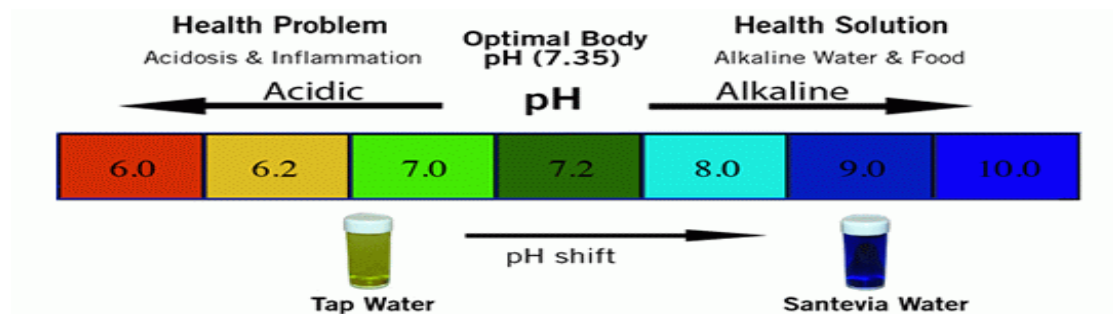
See my books and [video](#) on the practice of magnesium medicine. Books are available as [eBooks](#) or as [hardcopy from amazon.com](#)

pH MEDICINE – SODIUM BICARBONATE

The practice of pH medicine is slightly more complicated because one needs a steering wheel or navigation device to determine exact dosages. This is easily accomplished with simple pH paper, which can be purchased for around ten dollars. All of the body's physiological processes are sensitive to changes in body pH so we can monitor overall health simply by using pH paper. As we move into unhealthy acidic conditions the body becomes deficient in bicarbonates. This also happens naturally as we age and prematurely as we are exposed to toxins in the environment and in our foods. pH should be kept between 7.3 and 7.4 to ward off viruses.

pH scale is like a thermometer showing increases and decreases in the acid and alkaline content fluids.

Test: What is your saliva and urine pH? Get some [pH test strips](#) and check if your body is acidic, normal or alkaline.



[Sodium Bicarbonate](#) (NaHCO_3) is a natural substance produced in the human body and used in the bloodstream to regulate the acidity, which is essential for life. It affects the pH of cell and tissue balances the cell voltage and increases the CO_2 , which helps with oxygenation. Sodium Bicarbonate is a powerful medical tool that can benefit everyone.

Baking soda can be used as a first line of defense for a wide range of diseases including

- ✓ *cancer,*
- ✓ *influenza,*
- ✓ *diabetes,*
- ✓ *renal diseases,*
- ✓ *and even a simple cold,*

Sodium bicarbonate can be used in many ways - by bathing the skin, oral ingestion or nebulizing it in the case of pulmonary diseases. It is so powerful in its ability to detox that can even be used against radiation exposure.

The occasional use of three days of sodium bicarbonate increases the alkalinity of the blood, helps to eliminate toxins and increases the power of resistance of the organism to infectious diseases.

Adding a cup of baking soda to a hot bath after a long tiring day relieves tension and muscle aches. It can also be used as a scrub to the skin removing dead and dry skin, leaving the young, bright and fresh skin. Add the baking soda in hot foot bath helps to reduce fatigue of the feet. Combining sodium bicarbonate with magnesium chloride brings dramatic changes to human physiology.

See my [e-book](#), now [also in hardcopy](#) on Sodium Bicarbonate.

WATER

It is official, [water](#) is a medicine. The amount and type of water we drink is important to our ability to maintain health. Like food, water can be wholesome or can contribute to disease. The properties of the water we drink are as important as the nutritional content of the food we eat. In the Natural Allopathic protocol we start with medical quality water that hydrates, re-mineralizes and drives up oxygen levels as well as carbon dioxide, pH and cellular voltage. Many people think dehydration is something that happens to travelers in the desert when they run out of water. But there is a chronic form of dehydration that goes unnoticed in the majority of patients.

Magnesium and bicarbonate water is the therapeutic water that people can drink to regain their health. Drinking water with magnesium bicarbonate will extend your life and ease your pains and make your children stronger.

Drink Your Poison or Medicine

Contaminated water, instead of being a basic medicine is instead the most basic of all poisons. Doctor Patrick Flanagan, named at age 17 as one of the top 10 scientists in America by Life Magazine, recently advised in his book Elixir of the Ageless that: “Drinking tap water is a slow form of suicide; today’s tap water is yesterday’s toilet water, too thin to plow and too thick to drink. Chemicals (chlorine and fluoride) used to treat water are positive-charged cationic electrolytes that are potentially destructive to the colloidal balance when ingested into the human system. As one result, people die... inch by inch, not really knowing what is wrong!”

When it comes to water, we cannot afford to be lazy. We have to take a good look at what is in our local water supply and decide what we are going to do about it. Some experts estimate that 560,000 people become moderately to severely ill each year from consuming contaminated water. About 10,700 bladder and rectal cancers each year may be associated with trihalomethanes (THMs) in the water and their chemical cousins. That translates into about 30 cancers per day and that estimate is from 15 years ago when there were literally billions of tons less of chemical poisons in the environment.

It is your obligation to yourself and to your family to strive for the purest water possible. Unless you’re fortunate enough to live by a pure water source you will need some kind of water purifier. Deciding what system is best for your needs is a very individual process and there is no filtering system that is best for everyone. Due diligence on your part is required for you to determine what system is best for your needs. Beware the quick and uninformed opinion about water and water

filtration systems. There is tremendous disagreement regarding this topic. Everyone in the water business is going to try to sell you something.

You can also make the finest quality water at home that can cure us of our ailments or prevent sickness and disease from happening in the first place. Magnesium bicarbonate water, along with magnesium chloride (oil) will ignite the afterburners in the cells, will light a flame inside the mitochondria and flush calcium out of the cells. It has the power to turn back the biological clock and get your consciousness itself burning brighter.

In the book Water Based Medicine you can learn more about the right kind of water that we recommend. One will come, by reading this book, to realize that there is a severe damaging effect of not taking any magnesium or bicarbonate at all in one's water. Water stripped of magnesium and bicarbonate brings on calcification and a list of other problems that can end in tragic death or a life of disease and misery.

See my e-book [Water Based Medicine](#), this book initiates a broad campaign to bring life giving waters to the world, waters rich in the right things namely magnesium and bicarbonate.

IODINE

[Iodine](#) is necessary for the synthesis of thyroid hormones that will regulate the body's functions; its mineral deficiency can lead to goiter.

The practice of iodine medicine is simple and safe. Iodine is the oldest allopathic medicine proven through 200 years of clinical use and is effective and used in hospitals by the gallon to kill off viruses, bacteria and fungi with ease. It too can be used orally at high dosages as well as transdermally on the skin for skin cancers as well as breast cancer. Iodine is deficient in the vast majority of people who live away from the seas of the world. Iodine is essential for cellular metabolism and thyroid health and is protective against radioactive iodine, which has been in greater presence in the northern hemisphere since the Fukushima disaster. Its deficiency is correlated with the risk of breast, prostate, endometrium, ovaries, thyroid and stomach cancer. Iodine is necessary for every organ in our body.

“Iodine is by far the best antibiotic, antiviral and antiseptic of all time.”



Dr. David Derry

See my [book](#) and [video](#) on the practice of iodine medicine.

SELENIUM

Taking selenium is safer than taking aspirin and can be used at high dosages for extended periods of time to increase the body's defense against mercury toxicity as well as increasing levels of radiation. Selenium will increase immune system strength and greatly reduce one's chances of contracting or dying from cancer. The best hospitals use it in injectable form in intensive care wards to ward off sepsis and inflammatory storms. Orally the best form is a [selenium chemically bonded to a fatty acid](#) chain. Second to that would be a selenium bound to yeasts that have been killed through heating.

The use of selenium has an important role in the proper functioning of immune system, avoiding the flu, infections and viruses. Adequate levels of selenium have been found to reduce cancer risk by 50%. Selenium also has antibiotic properties when used in high enough dosages.

Selenium improves the work of the liver in removing toxins. Even helps eliminate heavy metals such as mercury and cadmium that are related to neurodegenerative diseases such as Alzheimer's disease.

Selenium also improves the use of vitamin E in the body, important in neutralizing free radicals. Thus acts retarding the aging process and preventing cardiovascular diseases.

See my [book](#) and [video](#) on the practice of selenium medicine.

LIQUID SEEDS-SEED NUTRITON



Seeds are the genesis of life. Seeds are the source of life and health. Seeds grow into plants, herbs, and fruits to sustain billions. Seeds are the most concentrated form of nutrition produced in nature. Seeds are incredibly powerful antioxidants. Seeds contain many times more nutrition than the plant they will become, in some cases as much as 30 times more nutrition.

[Core, Soul and Form](#) are part of a three-tier system designed to cleanse, restore, and build your biology up to it's optimal level. That's the beauty of non-GMO, seed-based products... there's no more unspoiled, untouched form of nutrition on earth! But that doesn't mean you shouldn't spoil yourself.

Ingredients inside Rain Soul are: black cumin, black raspberry and chardonnay grape, is individually packaged in a sealed packet. Open a 2-ounce pouch of Soul and receive 8 to 10 servings of fruits, 8 to 10 servings of vegetables and 2 to 3 servings of healthy fats. It fights the 6 major types of damage done to the body by Toxins. They are. 1. Suppressed immune. 2. Inflammation. 3. Deficiency. 4. Acidity 5 low oxygen and 6 Oxidation

Ingredients inside Rain Core are: aloe vera, black cumin seed, chlorella, chlorophyllin, cranberry seed, dandelion, kale, milk thistle seed, spirulina and wheat grass. Drinking one core is equivalent to consuming 6-8 ounce glasses of straight green juice...the concentration of nutrition is huge in a one ounce packet. You get loads of super greens!!! It supports your kidney and liver (detox organs). Also reduces inflammation.

BREATHE RETRAINING

Medical studies have proven that the more we [breathe](#), the less oxygen is supplied to the vital organs of our body. Our bodies have an incredible benefit if we could reduce our breath to 10,000 breaths per day or even less. Better breathing helps the body to:

- ✓ *release toxins,*
- ✓ *relaxes the mind and the body,*
- ✓ *relieves emotional problems,*
- ✓ *relieves pain,*
- ✓ *strengthens the immune system,*
- ✓ *improves posture,*
- ✓ *improves the quality of blood,*
- ✓ *increases the digestion and assimilation of food,*
- ✓ *improves nervous system,*
- ✓ *strengthens the lungs,*
- ✓ *helps control weight,*
- ✓ *improves cell regeneration,*
- ✓ *elevate mood.*



Respiratory training is a very effective way to restore the body's health at any age.

Test - How many times a minute do you normally breath? Take out a watch and count your breath for one minute. Try to breathe at your normal rate. Inhale and exhale together is one breath. If it is over twelve breaths a minute and not taken into the abdomen, you need work in this area.

CANNABIDIOL (CBD)

The [Cannabidiol](#) (legalized medical marijuana without THC) ***CBD Cannabidiol is now legal*** and available in 23 states and Washington, D.C.. Doctors a hundred years ago knew how to best use medical marijuana as the excellent natural medicine it is. Every practitioner of medicine and every parent should know how and when to utilize its almost miraculous properties to resolve all problems on the skin (with balms and salves) including skin cancer, to using it for all other cancers as a natural form of chemotherapy, for seizures and for everything in between including rest, relaxation and pain. Now available in non- psychogenic form without THC which is still illegal in many states, cannabidiol (CBD) is almost as effective as the full range of cannabinoid, which include THC. Medical marijuana can be eaten raw as a food, smoked, nebulized, and used topically for great effect as well as in concentrated oil form.

Has been proven to assist in the fight against:

- ✓ *chronic diseases,*
- ✓ *cancer,*
- ✓ *neurological diseases such as Parkinson's disease,*
- ✓ *anxiety,*
- ✓ *schizophrenia and some sleep disorders,*
- ✓ *and even with diabetes.*

The CBD brings a significant benefit to health for patients with cancer, even those in advanced stages, because is a potent pain reliever, also it relieves side effects of chemotherapy, like nausea.

See my [book](#) and [video](#) on the practice of cannabinoid medicine.

FAR-INFRAED BIOMAT

Knowing and understanding how to use radiation safely and effectively elevates the practice of medicine greatly. The first lesson that needs to be learned by doctors and everyone else is to reduce and even halt the use of dangerous forms of radiation that increase a person's chances of contracting cancer. Too many medical tests are done with nuclear radiation when safer alternatives are possible and available. When it comes to cancer, using nuclear radiation that causes cancer to treat cancer makes [absolutely no sense](#) especially when safe [far infrared radiation](#) with a [BioMat](#) can be used all night long to greatly increase immune system strength.

The [BioMat](#) is a high-end [far-infrared](#) pad available in various sizes that provides coverage for larger areas and can be used on the top of a mattress. BioMat Heat Mats combine far-infrared, amethyst crystals and negative ion therapy. You experience a deep, penetrating heat energy that can provide a heightened sense of wellbeing and healing. You are basically getting a massage on the molecular level.



Anyone wishing to restore their body will receive benefits from integrating the BioMat into their lives. Whether suffering from a health distress or just lives in an environment that has toxins in it, thousands of people are using the BioMat everyday and

getting incredible results.

8 Bio-Mat Health Benefits

- ✓ *Improves Circulation and Cardiovascular Function*
- ✓ *Improves Immune System Function*
- ✓ *Relieves Pain*
- ✓ *Burns Calories and Controls Weight*
- ✓ *Eases Joint Pain and Stiffness*
- ✓ *Reduces Stress and Fatigue*
- ✓ *Improves Skin*
- ✓ *Removes Bodily Toxins and Assists in Detoxification*

Test - What is your basel body temperature? (Basel body temperature is your temperature taken first thing in the morning before you get out of bed. This gives the lowest body temperature attained during rest.)

EARTH PULSE

In addition with the Biomat, [pulsed electromagnetic fields or PEMF](#) can be used and is already certified by the FDA for use in cancer. My final choice for PEMF is a powerful, small and relatively inexpensive sleep module [Earth Pulse system](#) that can be used with the BioMat all night long.

PEMF provides stunning regenerative effects because these [magnetic fields](#) result in cells generating so much naturally derived energy that they are able to heal themselves. A magnetic switch turbo charge cellular energy production and reduces oxidative stress.

OXYGEN THERAPY

[Oxygen](#) and carbon dioxide medicine relate to our respiration, which is critical for life from moment to moment. From [simple breathing machines](#) to [advanced exercise with oxygen systems](#), [Anti-Inflammatory Oxygen Therapy](#) is an important and powerful aspect of Natural Allopathic Medicine.



Oxygen Therapy introduces oxygen itself as the ultimate chemotherapy. It improves delivery of the most important substance for tissue life and repair. The body's ability to transfer oxygen to the cells becomes damaged as we age. When oxygen pressure falls, there is not enough pressure to push the volume to a usable state inside the cells.

The most intense form of oxygen therapy is when one exercises and pumps in massive amounts of oxygen at the same time. Originally called EWOT (Exercise with Oxygen Therapy) Anti-Inflammatory Oxygen Therapy takes that to a new level. The new system employs a simple improvement over both hyperbaric chambers and Oxygen Multi Step Therapy (EWOT) that insures the maximum amount of oxygen gets to where it is needed the most—to damaged and inflamed tissues.

See my [book](#) and [video](#) on the practice of EOWT.

ADDITIONAL THERAPIES

VITAMIN D

The sun itself is necessary for healthy life when taken in moderation (15-30 minutes per day) because of the resultant production of [vitamin D](#). The sun is the best way to get our vitamin D but it can also be taken in [supplement form](#). It is almost impossible to obtain adequate amounts of vitamin D from the diet. Exposure to sunlight is the most reliable way to keep your vitamin D levels up.



Vitamin D prevents:

- ✓ *depression,*
- ✓ *osteoporosis,*
- ✓ *prostate cancer,*
- ✓ *breast cancer,*
- ✓ *effects of diabetes*
- ✓ *Effects of obesity.*

[Vitamin D](#) is perhaps the most underrated nutrient in the world of nutrition. This is probably because it is "free": your body produces when sunlight hits your skin. Pharmaceutical companies cannot sell you sunlight, so there's no promotion of its health benefits.

VITAMIN C



[Vitamin C](#) can be administered orally or intravenously depending on the seriousness of one's condition. It is one of the most underestimated substances in the medical world. Vitamin C participates in many vital biochemical actions to the body. It improves the immune system, skin, mood and prevents spills and

ophthalmological problems. The nutrient also has strong anti-oxidant action, fighting free radicals. When used in combination with other anti-oxidants such as glutathione and other drugs such as magnesium, sodium bicarbonate and iodine can cause considerable damage to cancer cells even when these same substances provide new strength to cells healthy.

Our immune system needs vitamin C. As we are under stress (infection or exposure to cold, emotional problems, etc. all produce stress for our system), we need more vitamin C to stay healthy.

CLAY



Clay - One of the most useful substances in our protocol is clay. There are two ways to use clay, orally and transdermally. The clay is very important and helps in removing poisons from the body, you can take it first thing in the morning orally. Clay has enormous power of attraction for impurities and in contact with the body, either internally or intestines or the skin acts as a sponge and attracts and removes poisons.

The heavy metals have to be chelated, and this is a special process for removing heavy metals from the body. Clay gives us the healing power of mother earth, and that is a very strong power.

GLUTATHIONE

Glutathione takes the practitioner to a new level because glutathione is so important for health and recovery from serious diseases. Glutathione is the natural defense of every cell in our body [working hand in hand and dependent on](#)



[a plentiful supply of selenium](#) for its existence and function. Glutathione, the most important antioxidant in the body, is that place where [sulfur](#) and selenium meet up to protect us from cancer as well as viral infections. It can be used [sublingually](#), [nebulized](#), intravenously as well through easy concentrated form as suppositories. Now you can get [Glutathione suppositories in a very high dosage](#), which assists in very serious illnesses, or at more moderate dosages (see link on protocol page).

Cancer patients, severe chronic disease, AIDS and more than 60 other diseases show a reduction of glutathione levels. Glutathione plays a specific role in the detoxification of many substances that damage cells causing cancer. It is also used to assist in the treatment of liver disease, ulcers and neurological conditions.

SULFUR

ARE YOU SULFUR DEFICIENT ?

Low concentrations of sulfur include:

- Fatigue
- Depression
- Degenerative Diseases
- Highly Sensitive to Physical
- Psychological stress

The [organic sulfur](#) and other basic and very important substance for the human body. Organic sulfur is a mineral that is part of the chemical structure of amino acids: methionine, cysteine, taurine and glutathione. Sulfur disinfect blood, helps the body to resist bacteria, and

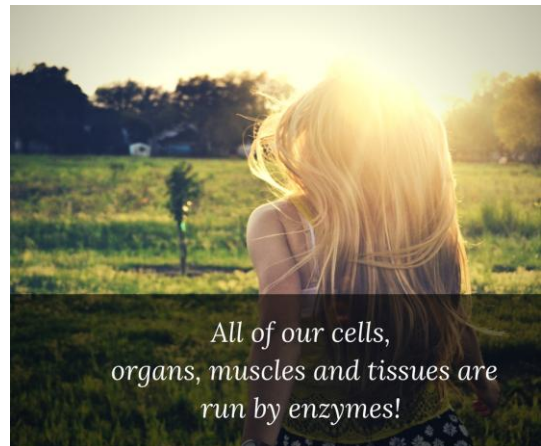
protects the plasma cells. It assists in oxidation processes necessary in the body and protects against the harmful effects of radiation and pollution.

ENZYMES

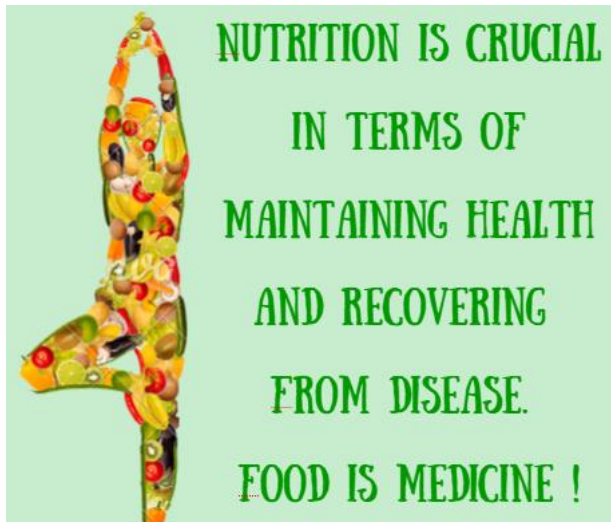
Enzymes - The lifespan of a person is directly related to the exhaustion of their potential for production of enzymes. We have a limited reserve of enzymes in our body. The body needs enzymes for vitamins and minerals to function properly. If our body is busy with the digestion of foods (heat destroys practically all enzymes of food) and enzymes for the production of saliva, gastric juice, pancreatic juice and intestinal juice, so will decrease the production of enzymes for other purposes. As the food comes into our stomach devoid of enzyme, even after the acid of the stomach has done its job, the food enters the small intestine largely without being digested. At this point, the pancreas and the other organs of the endocrine system are placed under stress with the responsibility to provide the digestive enzymes necessary to compensate for what did not occur in the stomach.

The regular supplementation with digestive enzymes takes stress off the pancreas (and entire body), providing the necessary enzymes for digestion. The immediate benefits are:

- ✓ *Significant reduction of problems of indigestion and heartburn caused by too much stomach acid*
- ✓ *Relief from gas and bloating*
- ✓ *Improved digestion of dairy for those who deal with lactose intolerance products*
- ✓ *Reduction of food allergies due to more complete digestion of proteins*
- ✓ *Less bloating due to better digestion of carbohydrates*
- ✓ *Increase in energy levels*
- ✓ *Relief from hiatal hernia*
- ✓ *Relief from ulcers*



NUTRITION



- Super foods
- Spirulina
- Natural Chelation
- Enzymes
- Juice fasting
- Sodium Thiosulfate
- Aloe Vera
- Alpha-Lipoic acid

The super foods are generally natural and contain high levels of

vitamins, minerals, amino acids, essential fatty acids or antioxidants. The incorporation of these foods in daily diet improves general physical health.

Spirulina is a cyanobacterium capable of photo synthesis like plants. Rich in protein and nutrients, and used as a food supplement, has great potential as anticancer, antiviral and reducing cholesterol.

Over the last years, in addition to its value as a nutrient (food), Spirulina was confirmed to have many additional pharmacological properties - is effective in the treatment of certain allergies, anemia, cancer, hepatotoxicity, hyperglycemia, Viral and cardiovascular diseases, hyperlipidemia, immunodeficiency, inflammatory processes among others.



Spirulina is a superfood and has shown its effectiveness in cases of radiation exposure. It saved many children from the radiation effects of Chernobyl.

Natural chelators are safe, non-invasive, affordable and available without a prescription, they are considered dietary supplements. No chelating agent has the ability to single-handedly wipe all toxic metals from our bodies. Each has a different affinity for metal, eg one for copper, one for mercury, another for cadmium, etc. Nowadays, the food we eat, the water we drink and the air we breathe contain elements harmful to our health and can lead to heavy metal deposits that accumulate in our bones and membranes.

Sodium Thiosulfate - useful for the removal of heavy metals and as an antioxidant to help with sleep. Sodium thiosulfate removes arsenic and cyanide and helps considerably with calcification.

[Fasting with Juice](#) - A more liberal form of fasting includes the use of fresh juices made from fruits and vegetables as well as herbal teas. With this fast people consume the nutrients needed by the body. This limited diet generates different degrees of detoxification, namely, the removal of toxins from the body. During fasting with juices, the body stores nutrients substances and eliminates toxins. After fasting, the body is able to digest and utilize nutrients from food. The organs have a new vitality, any slowdowns even have disappeared.



[Aloe Vera](#) - There are over 300 species of Aloe, but the best known of these is the "aloe vera." Among its ingredients are nearly 20 amino acids and vital minerals such as calcium, magnesium and sodium, enzymes, vitamins, polysaccharides, nitrogen and others.

[Alpha Lipoic Acid](#) - Another very important and that along with selenium helps elevate glutamine levels in our body. ALA is also beneficial for treating and preventing diabetic complications caused thereby. It increases glucose uptake in non-insulin-dependent diabetes (NIDDM), inhibits glycosylation (the abnormal attachment of sugar to protein) and has been used to improve diabetic nerve damage and reduce pain associated with damage nerve.

INTESTINAL HEALTH

[Probiotics](#) are very important. Bacteria in the intestines form a crucial link in our health, we need bacteria in our gut and we need the right kind of bacteria to digest food. Overuse of antibiotics specifically kills healthy bacteria in the gut. When aerobic bacteria dominate the digestive system, yeast and fungi are

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friendly, making many nutrients which our body needs, but when anaerobic bacteria dominate our digestive system, yeasts and fungi become dimorphic organisms.

Probiotics have effect on the intestinal bacterial balance, whose function is to protect, and colonize the intestinal wall, thus avoiding which allergenic molecules and pathogenic micro-organisms do harm to health, and help in the control of cholesterol, diarrhea, reduced risk of cancer, dermatitis, candida, leaky gut syndrome and viral infection.

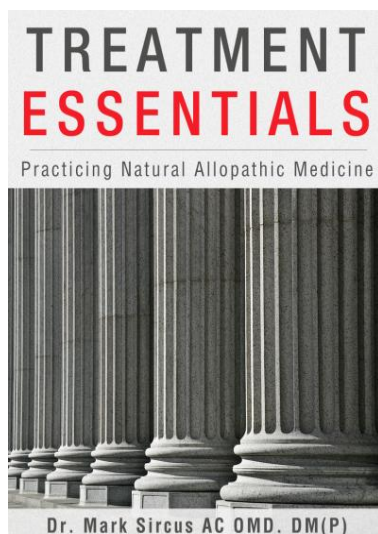
CHAPTER 5:

Dosages for Natural Allopathic Medicine

As a general rule with all protocol items it is best to start out low [doses](#) and get used to each substance and then slowly bring the doses up. What it says on the bottle of whatever you are using is a good guide for beginning doses. When taking something for the first time, you need to start with a minimum dose, like you would put your toes in the water to check the temperature. Powders or tonics can be mixed in varying concentrations by using more or less water. In emergency situations when you cannot afford the luxury of driving up the doses slowly, it is best to work with a health professional.

Combining methods of administration is the best way of maximizing intake of medicinals but must be done under close supervision to avoid over-usage.

Though you might choose to start ten medicinals, you do not want to start all ten on the same day. When using these medicines you use the reactions and feelings of your body to navigate upwards toward higher doses. Our body knows the difference between helpful medicinals and drugs and ones that are doing it harm. I always tell people to feel their way up. If you take a dose of something and there is no reaction then it is safe to keep increasing the dose. I have had people at death's door recover much in terms of feelings and an unexpected return of strength taking the medicinals in this protocol.



Treatment Essentials is practical teaching manual for how to use his natural allopathic medicine protocol including dosages and treatment methods.

The core of the protocol presented in Treatment Essentials redefines the way emergency room and intensive care and even hospice care should be practiced with a profile of highly proven fast-acting and safe, concentrated, injectable, nutritional medicines. There is something in this book for everyone. The poor people in the third world and the rich and powerful with unlimited funds to throw at their disease, doctors and healthcare practitioners of

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all stripes will find at least one key answer that will fit into their present framework of practice.

CHAPTER 6:

Warnings & Contraindications

Magnesium

Toxic symptoms from increased magnesium intake are very rare because the body eliminates excess amounts through the kidneys, unless serious problems with kidney function exist. Magnesium excess usually occurs when magnesium is supplemented as a medication intravenously due to the introduction of rapidly infused high doses without a balance with other minerals. Contact with mucous membranes also causes more rapid absorption and can lead to severe problems. (Use of magnesium enemas in children, for example, has led to fatalities.)

In some people a rash or stinging can occur with initial use of magnesium chloride oil on the skin. If this occurs a reduction in amount and frequency should be followed until the body acclimates to the chlorides. (This takes 1-2 weeks.) Magnesium oil can be mixed 50:50 with purified spring water or distilled water if this reaction is severe. Rinsing the oil off after 20-30 minutes will allow for adequate absorption and stop any itch or sting that might occur. An occasional person may not be able to tolerate the symptoms above due to differences in individual skin types. If this happens applications should be stopped or cut back to a tolerable level. Make sure water intake is maintained, especially in children.

Signs of excess magnesium can be very subtle and can occur with long-term use of magnesium supplements and magnesium-containing laxatives. The symptoms are similar to magnesium deficiency and include: changes in mental status, nausea, diarrhea, loss of appetite, muscle weakness, difficulty breathing, extremely low blood pressure, and irregular heartbeat. Though extremely rare, severe magnesium intoxication can cause a sharp drop in blood pressure and respiratory paralysis. Disappearance of the patellar reflex is a useful clinical sign to detect the onset of magnesium intoxication. In the event of over dosage, artificial ventilation must be provided until a calcium salt can be injected intravenously to antagonize the effects of magnesium. The balance of calcium to magnesium intake should be kept in the range of 1:1 to 2:1.

Use of magnesium chloride may interfere with many medicines such as:

- ✓ **Antibiotics:** Such as Doxycycline, Minocycline and Tetracycline. Magnesium will decrease their effects. Take magnesium supplements 1-3 hours before or after taking antibiotics.
- ✓ **Diabetes Medication:** Oral diabetes medicines such as Glipizide (Glucotrol®) and Glyburide (Micronase, Glynase, Diabeta); taking magnesium and either Glipizide or Glyburide together may further lower blood sugar leading to blurred vision, tremor (shaking), hunger, sweating, headache, skipped heartbeats, confusion, nervousness and extreme tiredness. Use of magnesium can reduce insulin resistance and need for insulin. Ultimately, this may prove to allow for reduction in the dosage of those and other diabetes medications.
- ✓ **Neurontin:** Binds Mg in the GI tract and results in a malabsorption of **both** oral Mg and Neurontin (PDR says 24%). Neurontin is important to note because it is an anti-seizure medication and also frequently used off label as a mood stabilizer and behavioral drug in addition to being used for migraine headaches. Some children with ASD may be on this medication. It is also used in bipolar disorder as an alternative to lithium.

Sodium Bicarbonate

High doses may cause headache, nausea or irritability. Notify your doctor if you develop: muscle weakness, slow reflexes and confusion, swelling of the feet or ankles, black tar-like stools, or coffee-ground-like vomit. Monitor your blood pressure and stop use if blood pressure becomes elevated.

To avoid injury do not take sodium bicarbonate until the powder is completely dissolved and do **not** take baking soda when overly full from food or drink, as abdominal rupture can occur. Consult a doctor if severe stomach pain occurs after taking bicarbonate.

Sodium bicarbonate can inhibit folic acid absorption. Folic acid is needed by the body to utilize vitamin B12.

Do not administer to children under age five without careful supervision. People taking antacids or bicarbonate on a regular basis are advised to supplement with folic acid.

In rare cases, metabolic alkalosis develops in a person who has ingested too much base from substances such as baking soda (bicarbonate of soda). Severe metabolic alkalosis (i.e., blood pH > 7.55) is a serious medical problem. Administration of sodium bicarbonate in amounts that exceed the capacity of the kidneys to excrete excess bicarbonate may cause metabolic alkalosis. This

capacity is reduced when a reduction in filtered bicarbonate occurs, as observed in renal failure.

Adverse reactions to the administration of sodium bicarbonate can also include edema due to sodium overload, congestive heart failure, hyperosmolar syndrome, hypervolemic hyponatremia, and hypertension due to increased sodium. Blood pressure should be monitored if on a sodium-restricted diet.

In patients who consume a high-calcium or dairy-rich diet, calcium supplements, or calcium-containing antacids such as calcium carbonate (e.g., Tums), with the use of sodium bicarbonate can cause milk-alkali syndrome, which can result in metastatic calcification, kidney stones, and kidney failure. Use together cautiously.

Metabolic alkalosis is the most common acid-base disturbance observed in hospitalized patients, accounting for approximately 50% of all acid-base disorders.

- ✓ **Severe alkalosis** causes diffuse arteriolar constriction with reduction in tissue perfusion. By decreasing cerebral blood flow, alkalosis may lead to tetany, seizures, and decreased mental status. Metabolic alkalosis also decreases coronary blood flow and predisposes persons to refractory arrhythmias.
- ✓ **Metabolic alkalosis causes hypoventilation**, which may cause hypoxemia, especially in patients with poor respiratory reserve, and it may impair weaning from mechanical ventilation.
- ✓ **Alkalosis decreases the serum concentration of ionized calcium** by increasing calcium ion binding to albumin. In addition, metabolic alkalosis is almost always associated with hypokalemia (low potassium levels), which can cause neuromuscular weakness and arrhythmias, and, by increasing ammonia production, it can precipitate hepatic encephalopathy in susceptible individuals.

The physical signs of metabolic alkalosis are not specific and depend on the severity of the alkalosis. Because metabolic alkalosis decreases ionized calcium concentration, signs of hypocalcemia (e.g., tetany, Chvostek's sign, Trousseau's sign), a change in mental status, or seizures may be present.

Symptoms of Alkalosis:

- ✓ Confusion (can progress to stupor or coma)

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- ✓ Hand tremor
- ✓ Light-headedness or respiratory difficulties
- ✓ Muscle twitching
- ✓ Nausea, vomiting
- ✓ Numbness or tingling in the face or extremities
- ✓ Prolonged muscle spasms (tetany)

This medication should be used only if clearly needed during pregnancy. Do not take any other medication within 1 to 2 hours of taking bicarbonate. If overdose is suspected, contact your local poison control center or emergency room immediately.

The following medications should not be taken with bicarbonate or may require adjustment:

- ✓ Mecamylamine (Inversine)
- ✓ Methenamine (Mandelamine)
- ✓ Ketoconazole (Nizoral)
- ✓ Antacids
- ✓ Tetracycline antibiotics such as tetracycline (Sumycin, Achromycin V, and others), demeclocycline (Declomycin), doxycycline (Vibramycin, Monodox, Doxy, and others), minocycline (Minocin, Dynacin, and others), or oxytetracycline (Terramycin, and others)

Maximum Doses:

Do not take more than 7 half teaspoons of bicarbonate if under age 60. If over age 60 do not take more than 3 half teaspoons in a 24-hour period. Do not take bicarbonate for more than two weeks without a break. Stop for one week and then resume dosage for another two.

Iodine

Humans tolerate large doses of iodine though some believe that extremely high doses of iodine can have serious side effects. Many believe that excessive iodine triggers an immune response (Hashimoto's) characterized by proliferation of T lymphocytes, a disrupted Th1/Th2 axis, and altered CD4/CD8 levels. Pathogenesis of autoimmune disease is believed to begin

with the activation of T-cell autoaggression (turning them into “allergized T-cells”). However other studies show that **only in selenium-deficient people do these kinds of problems and other adverse reactions to iodine occur.** Selenium at 200-400 mcg/day while taking iodine supplements protects from commonly seen adverse reactions to iodine.

If you experience heart palpitations, anxiety, increased sweating and intolerance to heat, you should reduce the amount or temporarily stop iodine usage, then restart at a lower dosage. Other symptoms of too much iodine can include: mouth and gastric irritation, acne-like skin eruptions, a brassy or metallic taste in the mouth, increased salivation, or excessive nasal moisture/discharge.

Nascent Iodine: One of the most common side effects—very mild headache—occurs in the first two or three days of heavy use due to detoxification, and usually lasts for in 2-3 days. Nascent iodine is the least toxic of all iodines and the best to use for thyroid-sensitive people or children. When taking a nascent form of iodine, therapeutic doses are much lower. Even though Nascent iodine is safe to use, too much taken too late in the day can be stimulating enough to keep you awake.

Lugol's or Iodoral Iodine: Side effects of Lugol's iodine include: nausea, vomiting, diarrhea and a metallic taste in the mouth. Seek immediate medical attention for any of the following signs of an allergic reaction: rash, itching, swelling of the face, tongue or throat, or difficulty breathing. May cause overstimulation and should not be ingested after 4 pm. High doses may reduce blood sugars and require adjustment of anti-diabetic medications.

Cannabis

Cannabis smoke contains thousands of organic and inorganic chemical compounds. This tar is chemically similar to that found in tobacco smoke. The effects are controversial and disputed by scientists. Over 50 known carcinogens have been identified in cannabis smoke. These include nitrosamines, reactive aldehydes, and polycyclic hydrocarbons, including benzapyrene. Despite this, cannabis has an extremely low toxicity. A 1988 ruling from the United States Department of Justice concluded that, “In practical terms, marijuana cannot induce a lethal response as a result of drug-related toxicity.”

The psychoactive effects of cannabis, known as a “high”, are subjective and can vary based on the person and the method of use. Acute effects while under the influence can include euphoria and anxiety. Between 20% and 30%

of recreational users experience intense anxiety and/or panic attacks or paranoia after smoking cannabis. Other forms of intake such as ingestion of oils, tinctures, etc. have varying effects.

Some of the short-term physical effects of cannabis use include increased heart rate, dry mouth, reddening of the eyes (congestion of the conjunctival blood vessels), a reduction in intra-ocular pressure, muscle relaxation, a sensation of cold or hot hands and feet, and increased appetite (“munchies”).

An increased appetite with weight gain, the diminishing of short-term memory, and decreased sexual function have been noted with heavy marijuana use. Other effects of long-term use remain controversial and not well studied but, to some researchers, include addictions, triggering of mental illnesses and brain abnormalities.

Cannabis bought on the street can contain toxins, pesticides and heavy metals as testing for control is not widely practiced. Soils used for growing marijuana outdoors are frequently in peri-urban locations or near abandoned industrial and mining sites. Consequently, the presence of pollutant metals such as lead (Pb), chromium (Cr), arsenic (As), and cadmium (Cd) in the soil and water tend to be more pervasive. Certain locales have been found to introduce specific contaminants such as high levels of mercury (Hg) in a particular island brand, excessive sulfur (S) in plants cultivated near a paper mill or coal furnace, and even high levels of uranium (U) in regional phosphate fertilizers. Cultivation soils used indoors can also present problems especially if non-certified fertilizers and/or when pesticides containing lead or arsenic are used.

Marijuana is typically sold by weight and some street dealers have been known to deliberately add substances to the product to increase its weight. Lead is commonly used for this and in excess amounts is visible due to its consistency and white color. Dealers will even mix marijuana with tobacco to reduce the obvious taste of lead. The danger to one's health from this practice is apparent. Higher heavy metal content has been shown to be in the leaves of the cannabis plant rather than in the seeds but is not consistent as it is dependent on the area it is grown in and the metal content of the soils and pesticides used, if any. In many areas sand, grit and silicone are added to increase weight of the batches sold. Some plants are grown from genetically modified seeds. It is safest to grow your own marijuana plants, if legal in your area, or obtain it from reliable sources.

Improper drying or storage can also cause the development of fungal and bacterial growths. Aspergillus and various aflatoxins can be carcinogenic. The Aspergillus mold species can infect the lungs via smoking or handling of

infected cannabis and cause opportunistic and sometimes deadly aspergillosis especially in immune-suppressed people such as those having received organ transplants.

Salmonella has also been found in poorly stored cannabis.

Marijuana bought on the street is often combined or “laced” with other drugs such as PCP (angel dust), opiates or tranquilizers and has also been found to be contaminated with various substances like glass, glue, rat poisons, plastics, wax and others. It’s important to have a reliable source until testing and regulations become standardized.

Medical marijuana dispensaries are less apt to sell contaminated products and often do testing independently.

Synthetic or imitation marijuana is called Spice, K2, and many other names. It contains crumbly dried plant material sprayed with chemicals that mimic the active ingredients in marijuana. Usage is becoming widespread especially in adolescents and users can develop high blood pressure, a very fast heart rate, vomiting, seizures and hallucinations. Deaths have been reported and these substances are not recommended.

Medical cannabinoids have a remarkable safety record, particularly when compared to other therapeutically active substances. In 2008, investigators at McGill University Health Centre and McGill University in Montreal and the University of British Columbia in Vancouver [reviewed 23 clinical investigations](#) of medical cannabinoid drugs (typically oral THC or liquid cannabis extracts) and eight observational studies conducted between 1966 and 2007. Investigators “**did not find a higher incidence rate of serious adverse events associated with medical cannabinoid use**” compared to non-using controls over these four decades.

Vitamin C

Vitamin C is generally regarded as safe in amounts normally obtained from foods and supplements. Side effects can include nausea, vomiting, heartburn, abdominal cramps, and headache. Dental erosion may occur from chronically chewing vitamin C tablets.

Contrary to popular misconception fed by the media, vitamin C is a powerful weapon in the fight against cancer. Water-soluble vitamin C is one of the safest and most common dietary supplements. It is exceedingly difficult to consume a toxic dose, since the body will eliminate any excess supply of vitamin C via the urine.

Mega doses of vitamin C (over 2000 mg day) have been associated with [adverse effects](#) including kidney stones, severe diarrhea, nausea, and gastritis. Rarely, flushing, faintness, dizziness, and fatigue have been noted. In cases of suspected toxicity due to massive ingestions of vitamin C, forced fluids, and diuresis may be beneficial.

Diarrhea or bowel intolerance indicates the need to lower your dose until comfortable levels are found and it also helps to take divided doses throughout the day. Use of whole-food vitamin C will reduce other symptoms of gastric irritation.

Healthy adults who take chronic large doses of vitamin C may experience low blood levels of vitamin C when they stop taking the high doses and resume normal intake. To avoid this potential complication, reduce the amount taken gradually rather than all at once.

Vitamin C in high doses can interfere with the blood-thinning effects of anticoagulants such as warfarin by lowering prothrombin time (PT). Caution is advised in patients with bleeding disorders or those taking drugs that affect bleeding. Dosing adjustments may be necessary. Vitamin C can also affect blood sugar levels and monitoring should be followed.

Mayo Clinic advises that vitamin C should be used cautiously in patients with cancer, glucose-6-phosphate dehydrogenase deficiency, anemia and related conditions, kidney stones, sickle cell disease, or after angioplasty. Use cautiously in patients taking antibiotics, anticancer agents, HIV medications, barbiturates, estrogens, fluphenazine, or iron supplements. Use parenteral (injected) vitamin C cautiously, as it may cause dizziness, faintness, or injection site discomfort, and in high doses, it may lead to renal insufficiency (kidney function problems). They also advise to avoid high doses of vitamin C in people with conditions aggravated by acid loading, such as cirrhosis, gout, renal tubular acidosis, or paroxysmal nocturnal hemoglobinuria.

Vitamin C supplements have a diuretic effect, meaning they help the body get rid of excess fluid. Be sure to drink plenty of fluids when taking them. Vitamin C increases the amount of iron absorbed from foods. People with hemochromatosis, an inherited condition where too much iron builds up in the body, should not take vitamin C supplements. Vitamin C may raise blood sugar levels in people with diabetes.

In older women with diabetes, doses of vitamin C above 300 mg per day were associated with an increased risk of death from heart disease. Taking vitamin C right before or after angioplasty may interfere with healing.

[The Linus Pauling Institute at Oregon State University](#) states that none of these alleged adverse health effects have been confirmed, and there is no reliable scientific evidence that large amounts of vitamin C (up to 10 grams/day in adults) are toxic or detrimental to health.

Possible Drug Interactions:

If you are being treated with any of the following medications, you should not use vitamin C supplements without first talking to your health care provider:

- ✓ **Aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs)** – Both aspirin and NSAIDs can lower the amount of vitamin C in the body because they cause more of the vitamin to be lost in urine. In addition, high doses of vitamin C can cause more of these drugs to stay in the body, raising the levels in your blood. Some very early research suggests that vitamin C might help protect against stomach upset that aspirin and NSAIDs can cause. If you regularly take aspirin or NSAIDs, talk to your doctor before taking more than the recommended daily allowance of vitamin C.
- ✓ **Acetaminophen (Tylenol)** – High doses of vitamin C may lower the amount of acetaminophen passed in urine, which could cause the levels of this drug in your blood to rise.
- ✓ **Aluminum-containing antacids** – Vitamin C can increase the amount of aluminum your body absorbs, which could cause the side effects of these medications to be worse. Aluminum-containing antacids include Maalox and Gaviscon.
- ✓ **Barbiturates** – Barbiturates may decrease the effects of vitamin C. These drugs include phenobarbital (Luminal), pentobarbital (Nembutal), and seconobarbital (Seconal).
- ✓ **Chemotherapy drugs** – As an antioxidant, vitamin C may interfere with the effects of some drugs taken for chemotherapy. However, some researchers speculate that vitamin C might help make chemotherapy more effective. If you are undergoing chemotherapy, do not take vitamin C or any other supplement without talking to your oncologist.
- ✓ **Oral contraceptives (birth control pills) and hormone replacement therapy (HRT)** – Vitamin C can cause a rise in estrogen levels when taken with these drugs. Oral estrogens can also decrease the effects of vitamin C in the body.

- ✓ **Protease inhibitors** – Vitamin C appears to slightly lower levels of indinavir (Crixivan), a medication used to treat HIV and AIDS.
- ✓ **Tetracycline** – Some evidence suggests that taking vitamin C with the antibiotic tetracycline may increase the levels of this medication. It may also decrease the effects of vitamin C in the body. Other antibiotics in the same family include minocycline (Minocin) and doxycycline (Vibramycin).
- ✓ **Warfarins (Coumadin)** – **There have** been rare reports of vitamin C interfering with the effectiveness of this blood thinning medication. In recent follow-up studies, no effect was found with doses of vitamin C up to 1,000 mg per day. However, if you take warfarin or another blood thinner, talk to your doctor before taking vitamin C or any other supplement.

Clay

There is very little risk of drinking clay internally or in using it topically in baths or as poultices for the body. [Eytons' Earth](#) provides a complete list of the cautions and drawbacks that everyone should know.

- ✓ Bentonite and other healing clays are not to be taken internally concurrently with life-sustaining prescribed medications without very careful medical supervision.
- ✓ Bentonite and other healing clays used internally in conjunction with medications or herbal programs may lessen the effects of medications without careful administration.
- ✓ Bentonite and other healing clays should not be used internally with those who currently have high blood pressure, without proper supervision and other supportive treatment as its use can cause a very temporary small spike in blood pressure.
- ✓ Bentonite and other healing clays should not be used by those with a clinically diagnosed iron intolerance (a rare condition) without seeing a laboratory analysis of the clay used or blood sample monitoring.

When utilizing clays internally, it is important that the body is properly hydrated with good quality water.

Side effects such as constipation are byproducts of a digestive system that is functioning far below ideal levels. Healing clays in and of themselves do not cause digestive or elimination problems, but if constipation develops, the addition of psyllium husk and water mixture to drink will relieve constipation.

The [FDA](#) cautions that bentonite clay has the potential to cause intestinal blockage, bumps or nodules, called granulomatous lesions, in damaged mucous tissues, may both absorb vitamin A or interfere with the intestinal tract's absorption of vitamin A, but determines that these effects are relatively benign or rare and lists clay as GRAS (generally recognized as safe).

Glutathione

People with asthma may experience bronchospasm or constriction of the bronchial vessels when using glutathione for inhalation. Bronchial constriction manifests as cough, difficulty breathing and breathlessness, sometimes making nebulized glutathione unsuitable for patients with asthma.

This can be avoided or relieved by use of products that add sodium bicarbonate as a buffer, such as that recommended by the IMVA. Bloating and cramping is sometimes experienced when using glutathione orally and a rash may occur if the supplement used is derived from cow's milk.

Selenium

Selenium is relatively harmless but if taken in high doses toxicity can occur which includes nausea, vomiting, and abdominal (stomach) pain, White, horizontal streaking of the fingernails, hair loss, hair and nail brittleness, metallic taste in the mouth, "garlic" breath odor, fatigue, irritability, weight loss, muscle tenderness, shakiness, flushing of the face, heart failure, cardiac arrest, and allergic reactions such as rash, itching and swelling also indicate possible toxicity.

Selenium may slow blood clotting. Taking selenium along with anticoagulants increases the chances of bruising and bleeding. Some medications that slow blood clotting (anticoagulants) include aspirin, clopidogrel (Plavix), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, ticlopidine (Ticlid), warfarin (Coumadin), and others.

Rejuvenate Products

In addition to a [high-quality multivitamin and other foundational supplements](#), Hank Liers, of HPDI highly recommends that a high-potency B-complex supplement (like [B-Complex-50](#)) be taken while consuming any of the REJUVENATE!™ products. Foundational supplements plus B vitamins provide complete nutrition for optimizing the effects of dietary nucleic acids in your body.

People who are sensitive to chlorella can use one of the other [Rejuvenate products](#) that do not contain chlorella.

It has been reported that very occasionally nausea may occur with long-term use but is easily remedied by reduction in amount utilized.

Natural Chelators

Mineral depletion is generally a problem with most chelators of heavy metals and a good multi-vitamin is always recommended to keep levels up. Magnesium chloride is crucial for effective chelation of metals. When metals are moved out of the body through the feces, the bowel flora is damaged. During the active phase of the detox, chlorella works as an excellent pre-probiotic: It selectively feeds the good bowel flora. In addition a good probiotic should be taken twice a day. I recommend [Prescript-Assist](#) from the company, LL Magnetic Clay Baths.

Vitamin D (D₃)

Most people do not experience side effects with vitamin D since they are so deficient, though reported side effects of high-dose vitamin D intake include weakness, fatigue, sleepiness, headache, loss of appetite, dry mouth, metallic taste, nausea, vomiting, and others.

Taking vitamin D for long periods of time in doses higher than 4000 units per day is possibly unsafe and may cause excessively high levels of calcium in the blood. However, much higher doses are often needed for the short-term treatment of vitamin D deficiency and safe amounts remain controversial.

Vitamin D may increase calcium levels and increase the risk of “hardening of the arteries” in people with serious kidney disease and may make the condition of high calcium levels worse in a number of other diseases.

Drug interactions can occur when taking vitamin D₃ with diuretics, Heparin, Tagamet and Verapamil. Check with your health care provider when taking these medicines. Taking vitamin D can raise the level of magnesium in people who have low magnesium and low vitamin D levels. In people with normal magnesium levels, this doesn't seem to happen.

[Staying in the sun](#) for more than 30 minutes may cause sunburn. Redness of the skin indicates excessive exposure to UVB rays deemed to be carcinogenic by many mainstream authorities. However exposure to the point of becoming just pink is beneficial.

Sulfur

[MSM](#) or organic sulfur is one of the safer supplements. No studies have established any toxicity or toxic buildup. If you take too much MSM, you may experience diarrhea, nausea or headache as a temporary detoxification reaction. Taking MSM with food or decreasing the amount used tends to decrease the GI upset. However, there may be other side effects depending on the quality, source and production of your sulfur/MSM supplements.

Does having an allergy to sulfa drugs translate into a problem with MSM supplement use? When people say they are “allergic to sulfur,” what they really mean is that they are allergic or sensitive to certain sulfur-containing substances, most notably to sulfa antibiotics (sulfonamides) or to sulfites (preservatives used in wines and some foods), or to foods with a high sulfur content like broccoli or cauliflower. Many individuals with allergies to sulfa drugs or to sulfites do not experience problems taking MSM, because apart from sulfur, MSM bears no relation to these substances.

[Ray Sahelian](#) reports that no allergies to MSM have been reported in the medical literature as of 2011.

Sodium Thiosulfate

ST has mild laxative effects and diarrhea may be experienced when first starting oral thiosulfate treatment. Skin irritation may be noticed when applying it transdermally.

If you receive too much sodium thiosulfate either orally or during IV treatment, you may develop overdose symptoms, which may include nausea, vomiting, joint pain, hallucinations, muscle cramps, ringing in the ears, agitation, blurred vision or hallucinations. Reduce the dose taken to relieve symptoms. As with any supplement an allergic reaction may occur and require emergency treatment.

Probiotics

Severe adverse effects from probiotics are rare. The sudden increase in beneficial bacteria may disrupt your digestive process initially, causing some to experience bloating, diarrhea, gas or even mild abdominal cramping when starting this treatment.

Simply cutting back on dosage or frequency of use will stop these symptoms. Your body will quickly adjust to the increase in beneficial bacteria and these

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symptoms will stop. Make sure to stay well hydrated. Do not use if pancreatitis is an active problem.

CHAPTER 7:

Cost of Treatments – Natural Allopathic Vs. Allopathic



[Fidelity Investments](#), which oversees some 12 million 401(k) accounts, has a study saying that an average 65-year-old couple retiring in 2012 would need to have **\$240,000** in savings to pay for **out-of-pocket health-care costs** in retirement. And that's \$240,000 in today's dollars, so a couple retiring in 10 years would need the inflated-adjusted equivalent in the year 2022. (In its 11 years of doing this study,

Fidelity has found the rate of health-care inflation to average 6% per year; assuming that rate stayed constant, a 2022 retiree would need about \$430,000 set aside.) With 50 million people on food stamps I wonder how many Americans are going to have this kind of money. The cost of choosing the wrong medicine is not only expensive but it can also cost a person their life.

[Forbes Magazine](#) writes, "When people talk about expensive drugs, they usually are referring to drugs like Lipitor for high cholesterol (\$1,500 a year), Zyprexa for schizophrenia (\$7,000 a year) or Avastin for cancer (\$50,000 a year).

But none of these medicines come close to making Forbes' exclusive survey of the most expensive medicines on the planet. The nine drugs on our list all cost more than \$200,000 a year for the average patient who takes them. Alexion Pharmaceutical's Soliris, at \$409,500 a year, is the world's single most expensive drug. Unlike pills that come in standard doses, all the most expensive drugs are injected biotech drugs whose dosing varies by weight or other factors."

Most of the Natural Allopathic Medicine protocol is also injectable (though we prefer to use transdermal and oral methods whenever possible) as well as useable through feeding tubes, suppositories and nebulizers, which most injectable biotech drugs are not.

Dr. Leslie S. Wilson, at the School of Medicine, University of California, compared costs of all prostate-related treatments over five-and-a-half years of 4,553 newly

diagnosed men stratified by age, risk, and ethnicity. In the **first six months**, the mean cost after treatment was \$11,495 and was directly impacted by treatment type. Cost ranged from only \$2,568 for watchful waiting (by 2010 [that cost](#) was estimated to be \$6,558 to \$11,992) to \$24,204 for external beam radiation. Subsequent annual cost was found to average \$7,740 and ranged from \$5,843 for watchful waiting to \$12,590 for androgen deprivation therapy. Cumulative mean cost over 5.5 years for all risk groups was \$42,570, with watchful waiting costing the least at \$32,135 and androgen deprivation therapy costing the most at \$69,244.

Researchers from Harvard University, National Cancer Institute, and National Bureau of Economic Research published in the December 1, 2007 issue of *Cancer* findings that the average life-expectancy for lung cancer patients raised by less than one month between 1983 and 1997, while **costs rose by over \$20,000 per patient**. Cost effectiveness, as measured by the cost of an additional year of life gained, was poor, with a high average cost of \$403,142. When analyzed by disease severity, the cost per additional year gained for local and regional disease was \$143,614 and \$145,861, respectively. For metastatic cancer, the cost per additional year gained was \$1,190,322.

There's a dramatic increase in the cost of the new drugs. And there's a shift by doctors to newer drugs that are substantially more expensive.

Dr. Len Lichtenfeld

Editor for the American Cancer Society

Even patients with insurance are thinking hard before agreeing to treatment because out-of-pocket copayments for drugs that could easily run \$10,000 to \$20,000 a year. One of the few cancer drugs with a higher monthly price tag than usual is Erbitux. The drug, used for colon cancer, sells for \$9,600 monthly. But don't tell anyone that a late-stage [clinical trial](#) in advanced stomach tumors failed to show that Erbitux had any significant benefit in progression-free survival. It is the second blow for Erbitux in 2012.

Back in May Merck said there was no additional benefit when [Erbitux was] given with chemotherapy to colon cancer patients after surgery to remove their tumor. In December of 2012 the company got bad news about its innovative new lung cancer drug Stimuvax, which did not improve the overall survival of patients at all in its phase III study. Also in December a major trial of Merck & Co. Inc.'s Tredaptive medicine to increase "good" HDL cholesterol has raised safety concerns and showed it was no better at preventing heart attacks, deaths or strokes than traditional statin drugs that lower "bad" LDL cholesterol, the company said.

Most pharmaceuticals are junk medicines like this. Today we have to consider ourselves lucky if our prescribed medications don't kill us. Now they even have

shortages of key drugs and have to offload patients to less effective or more dangerous medicines. With Obama care coming down the road doctors are also threatening in America to quit and even if a small percentage do it will mean much longer lines for less effective care.

The Cost of Doing Nothing

In modern oncology the cost of doing nothing is actually quite expensive. Active surveillance is a reasonable option for men with slow-growing cancers because it is not known whether treating the cancer with surgery or radiation will actually help them live longer. These treatments have definite risks and side effects that may outweigh the possible benefits for some men. Costs still range from \$6,558 to \$11,992 a year if one is under the care of an oncologist.

The Natural Allopathic Medicine protocol that I have developed is effective for most diseases and at multiple income levels. The first 4-5 components of the protocol give the lower-income or under-insured people of the world a fighting chance of recovering from cancer or other diseases. Cost to them could be as low as \$250 a month or roughly \$7.50 a day if they live in the third world, more of course for those in post-industrial societies.

Add low-cost walks in the sun, purified water and homegrown medical marijuana and one has a protocol that is infinitely more powerful than doing nothing. And in fact, treatments with concentrated nutritional medicines far surpass toxic oncology treatments with respect to a positive outcome without the risk of negative side effects that even oncologists fear.

I have written full-length books about four of these protocol medicinals, presenting the medical science and the clinical experiences of doctors from around the world who use them to treat cancer and other diseases.

Pharmaceutical Drugs Do Not Address the Cause of Cancer

Some of the most painful insurance-related horror stories involve patients



suddenly being told that they need a drug that is astronomically expensive. That's what happened to Arlington's Robert W. Banning, a chronic myelogenous leukemia victim who was prescribed Sprycel by his doctor. The twice-daily tablet inhibits the spread of cancer cells without the grueling ordeal of

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chemotherapy, but a 90-day supply costs a staggering \$13,500, of which Banning's AARP insurance required him personally to pay over \$4,000.

None of these expensive drugs addresses the cause of any of the diseases they are designed to treat. They treat the symptoms, mostly shifting them around with resultant side effects that require other drugs in an ever-downward spiral to more suffering and pain, financial bankruptcy and eventual death.

To incorporate the **full protocol** we can estimate that it would cost approximately \$7,000 for a six month treatment plan, which is necessary for late-stage cancers, though cancer can sometimes be cured in less time for less cost if a person has not been damaged by radiation, surgery and/or chemotherapy.

This would include all the medicinals (supplements selected from the best companies offering the best products) sustained at high dosage levels, full professional support through phone and text chat/ email, and an array of medical equipment that the whole family can use for years to come.

Included at this cost level are some very interesting pieces of medical equipment/ healing devices that facilitate quicker and easier returns to health. The full protocol gives each individual and their family full control over their medical destiny.

Included are a far-infrared [BioMat](#), [EarthPulse](#), and a [breathing retraining](#) device (an important treatment component ignored by just about everyone). [Breathing device](#) is Russian medical technology coming to the west offering levels of treatment until now available in the west. Also included is the optional Live Oxygen system, which would include a oxygen concentrator, an exercise bicycle, and an air bag.

The Natural Allopathic protocol is designed to offer hope for rich and poor alike and I keep getting letters that sustain this assertion. Because the core of the protocol is natural emergency room medicines that can be taken orally and transdermally one can feel secure that for one or two thousand dollars, or even less, one can chase their cancer into a hole where one can bury it instead of oneself.

Unfortunately, location means much in terms of access to certain medicinals and healing/ medical devices. In third-world countries only the most basic—but fortunately the strongest—medicinals in the protocol are available; often high import taxes are applied to anything that needs to be brought in quickly, adding to the expense. Even in the first world, what might be available in Canada for \$30 could be three times as much in the States because of the FDA and other factors.

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This cost would not include massages (that can be done by a family member at home), home nursing support (that can also be provided by family), or other professional services or treatments. Though one can spend considerably more on sophisticated equipment and employ a staff of healers and professionals like acupuncturists, homeopaths, chiropractors, colonic therapists, professional massage therapists, and even doctors, all of which we support from the platform of the protocol, *Treatment Essentials* gives you almost all the information you need to go it alone, though it is suggested that **support is crucial** for optimizing the program according to the specific needs of the individual.

Comparing Natural Allopathic Medicine to Other Forms of Natural Medicine

[The Gerson Institute](#) and the [Budwig Center](#) are perhaps the best-organized and most prestigious natural medicine approaches building on decades of solid medical tradition and experience. Like the Natural Allopathic Medical approach, both the Gerson and Budwig protocols can be done entirely from one's own home. On the Gerson Therapy site they say, "You live the treatment every day."

The Natural Allopathic Medicine protocol offers flexibility, convenient options, a greater depth of documented scientific support, greater focus on reaching more deeply into cell physiology through more concentrated use of medicinals, thus faster healing times. The superfood dietary component (one of eighteen components) of the Natural Allopathic protocol incorporates the knowledge and wisdom of both Dr. Max Gerson and Dr. Johanna Budwig.

The cost of natural therapies varies widely depending on the intensity level of treatment necessary. According to the Budwig site, for late-stage cancer, the cost of treatment runs approximately \$2,000-\$2,500 per month with the duration of treatment lasting up to six months with depending on the severity of the cancer. With the Gerson method, monthly costs are approximately \$2,000 or more including equipment with treatment going on for two years. Both recommend attending their treatment centers before starting alone at home. This is quite expensive but a good investment for anyone choosing those protocols.

Conclusion

Complicating our choices are financial realities. Some people destroy the lives of their entire family by taking on crushing debt. Ellis Minrath, 87, declined to take a drug for pancreatic cancer partly because he would have to make a copayment of about \$1,000 a month.

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When approaching treatment of cancer or anything else, a person must look at his financial situation and decide what he can afford.

If you have limited resources, you must cut to the chase and pick the most powerful but least expensive treatments, of which there are more than several. If you are well off financially then the world can be yours in terms of natural oncology that offers some sophisticated healing machines. Instead of death rays found in the radiology departments, we can flood the tissues with light, heat and organizing frequencies that send FDA-approved healing energy directly into the heart of the cells.

I would like to conclude with the fact that you can do the protocol for almost nothing—or let's say for a few hundred dollars. What I need to communicate here is that there are people, like [Vernon Johnston](#), who cured himself of prostate and bone cancer with just baking soda and breathing retraining. In Russia doctors understand the importance of breathing in medicine. The total cost to Vernon was less than \$100! It is truly amazing what one can add for just a few hundred dollars more.

Post Script:

The Internal Revenue Service issued a report Wednesday in which it estimated that under [Obamacare](#), the least expensive [health insurance plan available to a family in 2016 would cost \\$20,000](#) annually according to CNSNews.com. Under the Patient Protection and Affordable Care Act all U.S. citizens are required to have health insurance, either through their employer or by purchasing indirectly from the government. Individuals who don't have it by 2016 face a penalty amounting to either 2.5% of a person's taxable income or approximately \$2,000 per family, depending on their income.

Preventive medicine is going to make more and more sense. Even with the penalty, an American would do better and live longer by maintaining the Natural Allopathic protocol (cost about \$5,000 a year for family of four), paying the \$2,000 and forget about ever getting sick and certainly forget about joining a corrupt system of medicine that will hurt you more than help.

CHAPTER 8:

Consultations

Dr. Sircus is available to take patients via his online clinic. There are two ways to benefit from his expertise, you can either have a single consultation with him or subscribe to one of his online clinic programs.

After you pay for the consultation or online program you will receive a link to download a questionnaire that needs to be filled in and sent back to us with a recent picture of the patient. Dr. Sircus will review your case and the staff will get in touch with you to set up your appointment.

Included with every consultation is [Home Therapy volume one](#), which provides support for breathing retraining, since there is nothing more powerful for healing than getting conscious control of one's breath. Most doctors regrettably ignore their patients breathing patterns.

Everyone who is [breathing faster than 12 breaths a minute](#) is running low on oxygen, which drives us deeper and deeper into various pathologies. It is simple, the [faster we breathe the faster we die](#) and certainly the sooner we will get cancer.



If you have any questions please watch the video below or [contact us](#).

People interested in doing consultations about cancer should visit the [Surviving Cancer Compendium](#) page. The Surviving Cancer Compendium contains a turnkey cancer treatment program that can be implemented by any patient, practitioner, clinic, spa or hospital. This compendium is like an army field hospital set-up guide for patients who want to treat themselves in the comfort of their own home. I consult and teach people how to do this in desperate situations no matter where they live with the compendium being the textbook and reference guide. The compendium is 2,500 pages long. It sets a new precedent in cancer information and care.

Professional Training

This entire offering of online support and consultation extends to anyone interested in professional-to-professional training and for those who might eventually want to become registered and certified by the *International Medical Veritas Association*.

The professional training is offered for health professionals of many different types, including nurses, acupuncturists, chiropractors, colon therapists, spa professionals, doctors etc., who want to learn and have full support in treating patients with cancer with the Natural Allopathic Medicine protocol. The 2,500 page *Surviving Cancer Compendium* is included and provides the written component and a series of consultations with Dr Sircus is available through a three to six month period. The cost is \$1,200 to \$2,400 for this program.

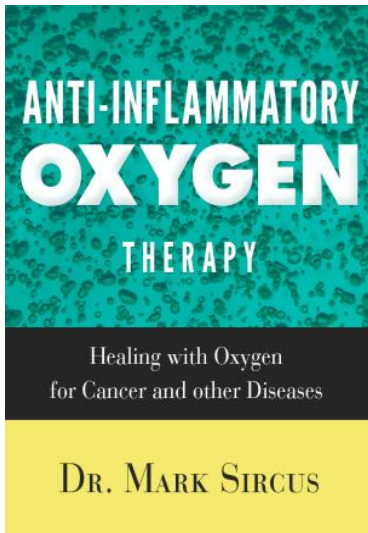
More information about [online clinic](#).

Watch the [video](#) to get more information.



CHAPTER 9: Our eBooks

If you're interested in improving your search in our work, [buy your e-book](#), and continue to read about Natural Allopathic Medicine!

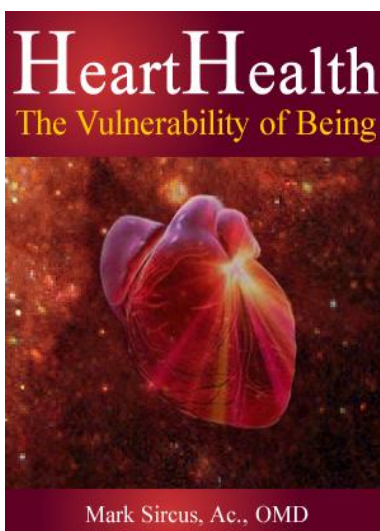
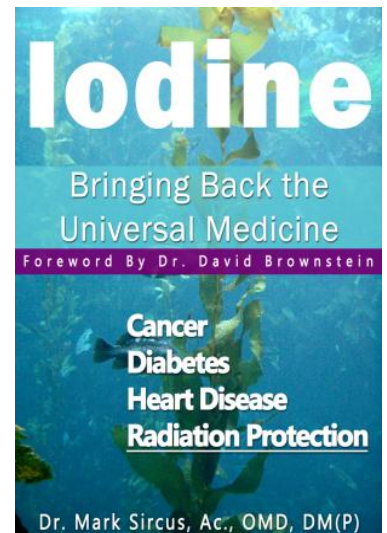


[Anti-Inflammatory Oxygen Therapy E-Book](#)

Anti-Inflammatory Oxygen Therapy introduces a new simple way of injecting massive amounts of oxygen into the cells. In fifteen minutes one can open the cells allowing them to detoxify as they gulp down higher levels of oxygen. What I have discovered will help many people pull out of chronic situations where they have not been able to do so before.

[Iodine E-Book: Bringing Back the Universal Medicine](#)

Today the last thing anyone wants to be walking around with is a thyroid so starving for iodine it will take on the nasty radioactive isotope of iodine instead. Dr. David Brownstein has tested 5,000 of his patients and found that 95 percent of them are iodine deficient meaning their thyroids will attract radioactive iodine like honey attracts bees.



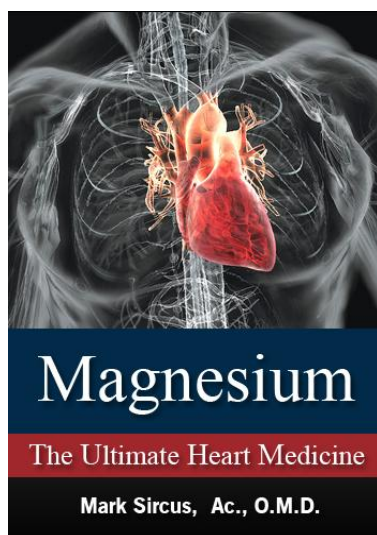
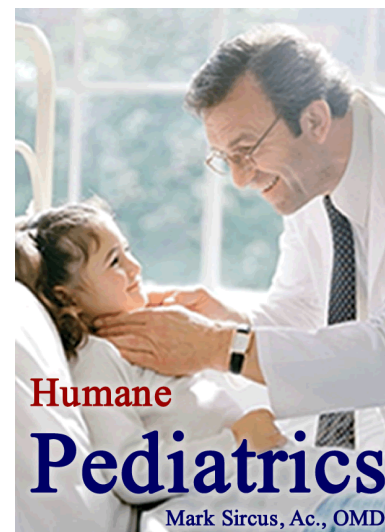
[HeartHealth E-Book: The Vulnerability of Being](#)

This is a book about spiritual psychology, a psychology of feelings and emotions. Cognitive and most other psychologies deal with the mind, thoughts and images that rage in peoples' heads whereas HeartHealth takes one on a

journey directly into their own mysterious world of pure being, feeling and emotion.

[Humane Pediatrics E-Book](#)

In the 21st century the center of pediatric pharmacology needs to shift away from medicines that add to children's already heavy toxic burdens, to medicines and protocols that reduce these burdens.

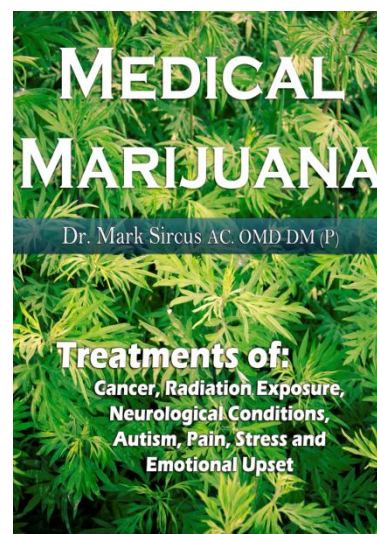


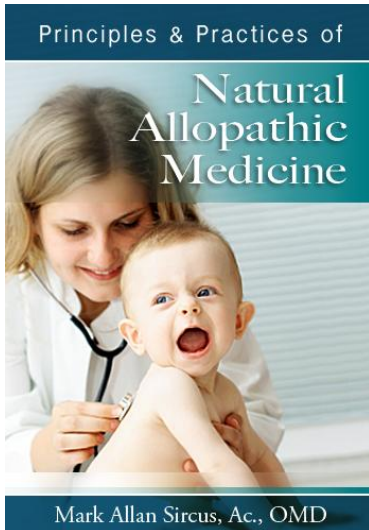
[Magnesium – The Ultimate Heart Medicine E-Book](#)

This e-book puts out a universal call to cardiologists to put magnesium as the lead item in their medical protocols. There is no allopathic drug that comes close to magnesium chloride in effectiveness in the emergency room.

[Medical Marijuana Second Edition E-Book](#)

This book champions the use of marijuana in clinical practice for adults and children for a wide range of diseases including cancer and diabetes. Medicine needs cannabinoids to fight in the front lines against serious diseases as well as stress and emotional upset. Medical marijuana is an especially safe and effective treatment for cancer and a 2007 Harvard Medical School study showed that marijuana cuts lung cancer tumor growth in half.



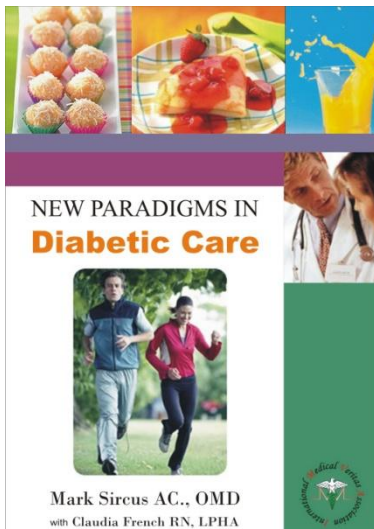
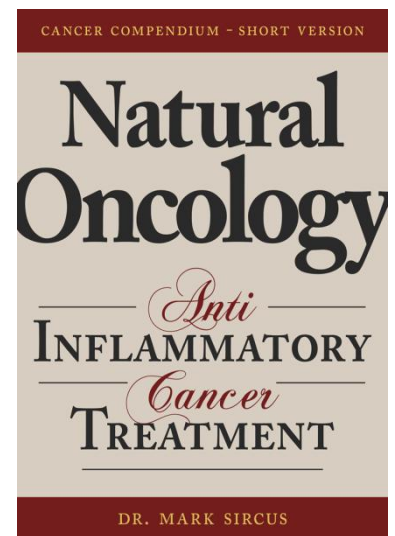


[Natural Allopathic Medicine E-Book](#)

Natural Allopathic Medicine introduces new principles and practices of medicine that can be integrated into all types of health care no matter what kind of practitioner you are. It greatly increases the throw weight of doctors and healers alike enabling them to more effectively and safely treat serious life threatening illnesses like cancer, heart disease and neurological disorders like Autism, Parkinson's and Alzheimer's diseases - without resorting to dangerous pharmaceuticals, which in reality do little to resolve chronic syndromes.

[Natural Oncology E-Book](#)

In this short version of the Compendium Cancer ebook, the focus is the Natural Oncology - Anti-Inflammatory Cancer Treatment. Cancer is an inflammation. Researches shows that chronic inflammation fuels cancer. Natural anti-inflammatory therapies reduce these effects and brings renewed hope to the war against cancer.



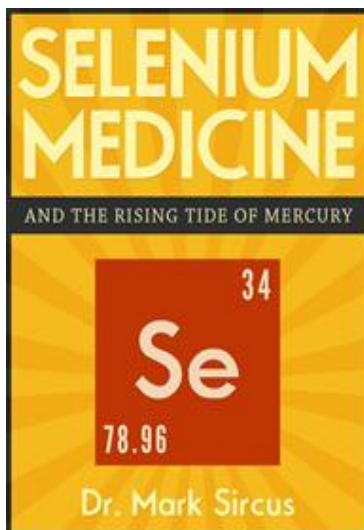
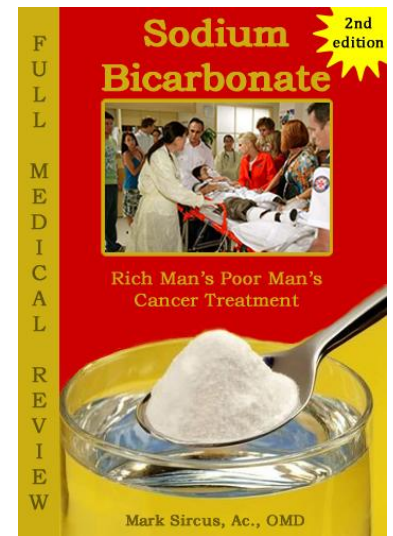
[New Paradigms in Diabetic Care E-Book](#)

We do need a new paradigm for diabetic care and this book delivers it. Whether it is you or a loved one or if you are a doctor or any kind of health professional dealing with diabetic patients, this book will provide cutting edge information that will help people avoid

suffering and a long list of diabetic complications including death.

[Sodium Bicarbonate – Second Edition E-Book: Rich Man's Poor Man's Cancer Treatment](#)

The main thrust of the first edition was on the use of sodium bicarbonate for cancer treatment. This vastly expanded second edition extends coverage into important areas of kidney disease, diabetes, treatment of flu and the common cold, and other areas of general medicine. Truly sodium bicarbonate is a universal medicine that is nutritional as well as safe and is of help no matter what syndrome we are facing.

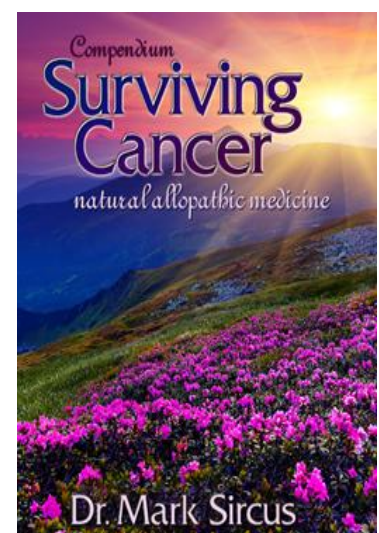


[Selenium Medicine: And the Rising Tide of Mercury](#)

This book reveals discoveries and secrets about selenium. It introduces several types of selenium including one that can be taken in very high dosages without all the fear and concerns that people and doctors normally have with selenium supplementation.

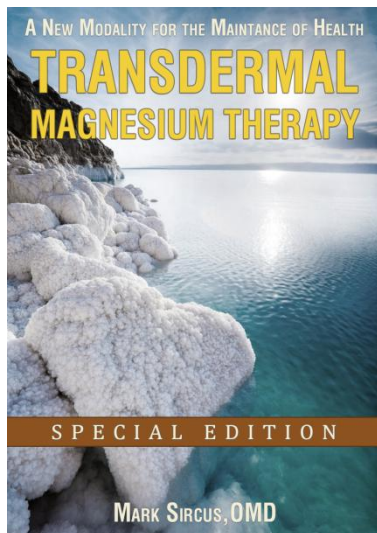
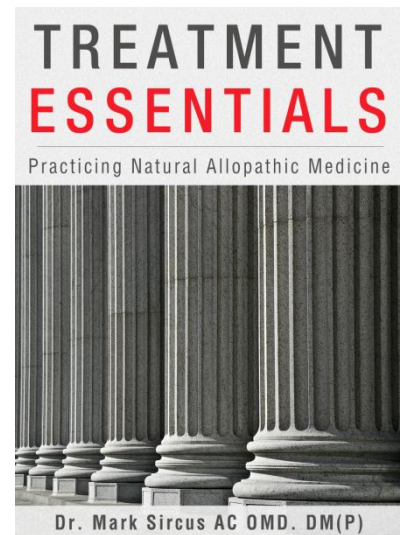
[Surviving Cancer Compendium E-Book](#)

This 2,500 page cancer compendium will offer you and your family most of the information you will need to make informed choices about cancer care. This compendium will teach you about natural oncology. It is a medical book, in understandable language, about a new form of medicine called Natural Allopathic Medicine.



**Treatment Essentials Second Edition E-Book:
Practicing Natural Allopathic Medicine**

Dr. Sircus's practical teaching manual for how to use his natural allopathic medicine protocol including dosages and treatment methods.

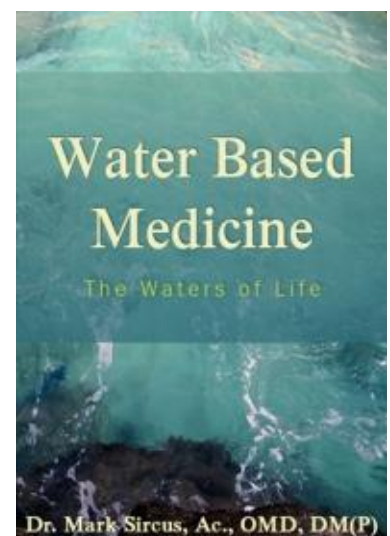


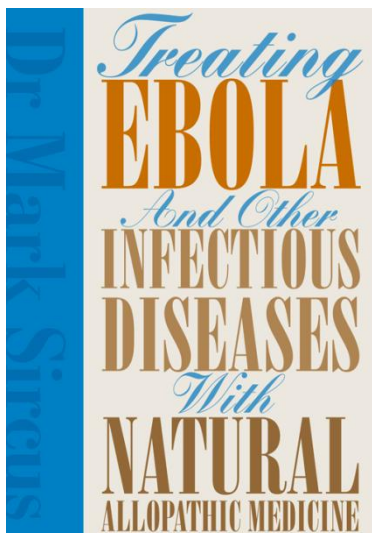
Transdermal Magnesium Therapy E-Book

This book has the potential to save your life. Magnesium has been used around the world to bring people back from the brink of death and Dr Mark Sircus examines how this amazing mineral that is so overlooked by the majority affects so many aspects of our health including cancer, heart disease, diabetes, depression, asthma, inflammation, arthritis and autism.

Water Based Medicine E-Book: The Waters of Life

Water, along with oxygen, provides the basis for life and good health when one has enough of both. Water Based Medicine introduces water as our most basic medicine. It introduces a new generation of alkaline filtration and shows how water can be infused with substances like magnesium and bicarbonate for life extension and health-promoting benefits.



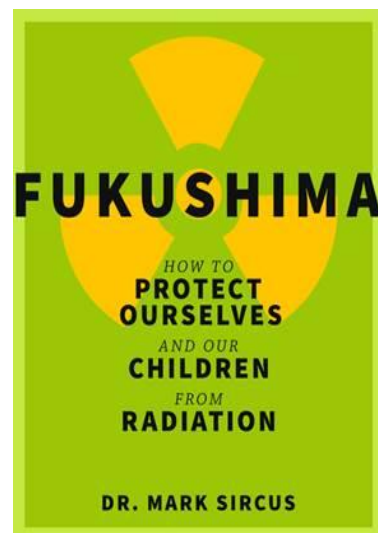


[Treating Ebola and other Infectious Diseases with Natural Allopathic Medicine Ebook](#)

Treating Ebola and Other Infectious Diseases purpose is to avoid us witnessing the most horrible deaths that come with Ebola, nor the retraction of freedom when medical officials call for martial law all because of their ignorance and inattention to medical facts.

[Fukushima E-book: How to Protect Ourselves and our Children from Radiation](#)

Fukushima is Japan's and the world's radiation nightmare that will not go away in our lifetimes nor our children's or grandchildren's. The Fukushima nuclear power plant is hemorrhaging radioactive toxic waste into the ocean and air. The main point this book is to tell the story about what is really going on and to teach parents what evasive medical actions they can take to protect their children as much as possible.



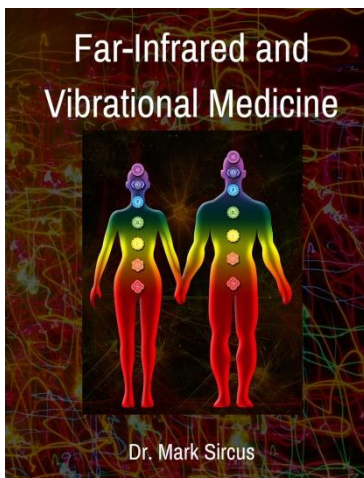
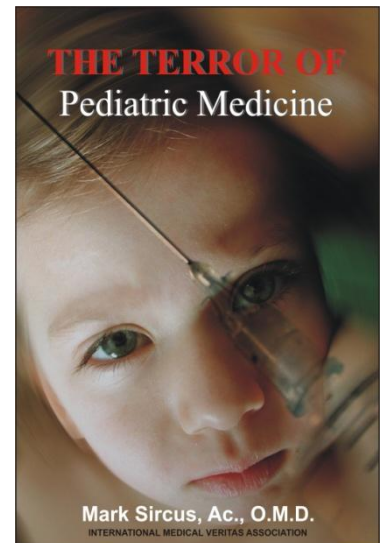
[Love and Sex Medicine E-Book](#)

This book is a complex weave of love, sex and spirituality that touches the heart and soul deeply. This is a must read for all those that want to deepen their relationships with their partners and families and reach that true state of bliss where the heart opens widely. It is about a divine romance with love and life and establishing a perfect union with others. The book is about creating heaven on earth together.

Free eBooks

The Terror of Pediatric Medicine

By the time you reach the final page you will understand its title and the fact that pediatric medicine is one of the worst things that ever happened to the world of babies and young children. What is happening in the world of pediatric medicine should send a deep chill through the heart of every parent. Our medical revolution begins with how we treat babies and will not end until medical reason banishes medical insanity and pharmaceutical terrorism from the world



Far-Infrared and Vibrational Medicine

This book (220 pages) is about light and heat medicine and about Far Infrared BioMats that offer comfort and healing. Humans need light and this book delivers up to the reader amazing secrets of light.